28th Edition



Reliable Recipes



ACONCISE compend of tested recipes, which make most delicious dishes, together with a compilation of helps and hints of value to every house-keeper. Every baking recipe given herein has been repeatedly tested by and is regularly used in the Calumet Baking Schools.

This is a Calumet Cook Book and the recipes contained in it are proportioned for the use of Calumet Baking Powder. For the best results use Calumet exactly according to directions.

Published by

CALUMET BAKING POWDER CO. CHICAGO, ILLINOIS VU.S. A. Price \$199



AFTER exhaustive Tests in the Priscilla Proving Plant, Calumet Baking Powder was awarded the Modern Priscilla certificate of approval.

These tests covered a period of nine months, and Calumet proved its excellence in every way; in practical home use and under scientific examination.

This is but one of the many awards given Calumet Baking Powder and another proof that it is truly, "The World's Greatest Baking Powder."

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YOUR friends will appreciate a copy of "RELIABLE RECIPES" and will consider one sent them with your compliments a distinct favor.

We will mail books to one or more of your friends enclosing a card bearing your name and advising them it was sent at your request, upon receipt of ten cents in stamps or coin for each name entered on this list.

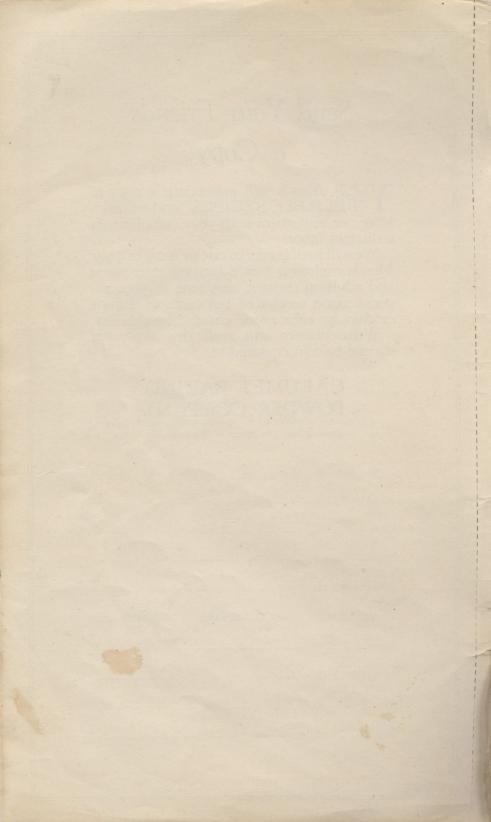
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Worth Reading

BAKING POWDER is not a food, but it is a preparer of food. A great many people, through misleading advertisements, have been led to believe that they eat Baking Powder, but this is not the case.

Baking Powder is put in the food, not to be a part of it, like flour, but simply as a convenient means of making the breads, cakes and biscuits light and sweet; in fact, it is used only for the leavening gas it produces. When you mix certain substances, under the proper conditions, they combine and, through what chemists call a reaction, change their nature entirely. This is especially true of all mixtures giving off leavening gas in which it is found the substance left is in no way like the substance put in the mixture. In Baking Powders this is always the case. And the part left in the food—the part you eat—is entirely different from any of the original ingredients.

Cream of Tartar Baking Powders, which are so widely advertised as pure, are pure in the can, but through the reaction which takes place, they give off their gas, and leave in the food a residue of Rochelle Salts. Rochelle Salts is the active principle of Seidlitz Powders.

As you can readily see, these Baking Powders can be advertised and guaranteed as pure, for the powder itself is pure. These manufacturers, advertising in this way, say or guarantee nothing in regard to the purity of the bakings made with their Powders. One should always think of this fact when selecting a Baking Powder.

You should remember, and profit by your remembering, that a Cream of Tartar Baking Powder leaves in the food seventy per cent of its weight in the form of Rochelle Salts. Calumet Baking Powder is chemically correct, as it is made by the most modern methods. Through the reaction which takes place in the baking, Calumet leaves in the food no Rochelle Salts, Tartaric Acid, Alum, Lime or Ammonia. The small amount of residue that remains in the food is a perfectly harmless substance, pure and wholesome in every respect.

In purchasing a leavening agent every housewife wants to be sure of her results.

With Calumet, a DOUBLE ACTING BAKING POWDER, you do not have to use extra care and precaution,—you will get the best results by baking in a moderate oven, but you may bake at temperatures varying from this with safety. You may move the food in the oven or open the door for inspection without fear of your baking falling—you may mix a pan of biscuits at night, put them in the refrigerator and they are ready for the oven in the morning.

DOUBLE ACTING BAKING POWDER means a baking powder containing two leavening units; one unit begins to work when the dough is mixed; the other unit waits for the heat of the oven; then both units work together—your guarantee against failure—against waste.

Be sure you get a Baking Powder that is not only pure in the can, but one that is absolutely pure in the baking. Calumet is guaranteed to be absolutely pure, not only in the can, but also in the baking.

Last Spoonful Good as the First



To Succeed = Remember

 T^{O} USE too much Baking Powder is a waste. The amount of baking powder called for in the following recipes is sufficient—and will give better results than a larger quantity.



In measuring Baking Powder always measure a level teaspoon. (With Calumet use one level teaspoon to a level cup of flour. See illustration.)

It is now generally accepted that in all good recipes, tested and given by competent baking teachers, sifted flour is always meant and should always be used in following the recipes. It is important to follow this rule. Always use sifted flour when measuring, because sifted flour usually makes about one-fifth more bulk than unsifted flour.

Be careful in measuring the salt that you level all measurements. Too much salt will leave its taste in the food.

The term "Cup" means a half pint. It follows, therefore, that four cups equal one quart. Every housewife should use a standard measuring cup, with divisions showing $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$, and $\frac{3}{4}$, marked plainly on the sides.

Milk, water or any liquid when added to any combination containing Baking Powder should always be cool or cold, never warm or hot, as heat expands and releases the gases in the Baking Powder too rapidly.

Always keep Baking Powder in a cool, dry place. Never put a wet spoon in your can of Baking Powder. Always sift flour and meal before measuring.

In using the recipes in this book you will note that some flours absorb more liquid than others and the amount of flour will have to be varied to suit the case.

We have endeavored to suggest a baking temperature for all of our recipes, for the convenience of those whose stoves are supplied with oven thermometers and regulators.

Only Level Measurements are Used in This Cook Book



Level



Rounding



Heaping

Many people have been in the habit of measuring by rounded or heaping teaspoonsful. This is a very inaccurate method, and some people get twice as much on a teaspoon for either rounding or heaping as others do. ALL measurements in this book are LEVEL measurements. Use only LEVEL teaspoons in making these recipes and you will have success.

Cry These Reliable Suggestions for Juccess in Cooking

CALUMET LENDS DAILY SERVICE

DEOPLE accustomed to using Baking Powder only as a leavening agent when preparing hot breads, cakes, cookies, etc., are surprised to find Calumet Baking Powder source of efficiency when used in the preparation of other foods.

Calumet Baking Powder added to a recipe for bread or rice pudding eliminates all danger of having a heavy, soggy pudding.

Pie crust in which half a teaspoon of Calumet Baking Powder is added to every cup

of flour, will be especially light and flaky.

When making a stuffing or dressing for chicken, turkey or other meats, Calumet Baking Powder added to the mixture keeps it light and fluffy, and prevents its being heavy.

Calumet Baking Powder added to mashed potatoes, together with the milk, and

beaten thoroughly, makes a delightfully light and appetizing dish.

When making an omelet, if 1/2 teaspoon of Calumet Baking Powder is added to every four eggs, and beaten in thoroughly, the omelet will be considerably lighter, more attractive and tasty.

Boiled frostings or uncooked icings will be much improved by adding a small amount

of Calumet Baking Powder.

When making cream of tomato soup, ½ teaspoon of Calumet Baking Powder added to every two cups of tomatoes and 1 pint of milk makes a much smoother soup.

When making chocolate fudge, add 1 teaspoon of Calumet Baking Powder to every

two cups of sugar used when beating the fudge. It will be much smoother in texture. When making meringue for pies, add 1/2 level teaspoon of Calumet to every 3 egg

whites.

Weights and Measures

Correct measurements are absolutely essential to successful cookery, and these are possible to inexperienced cooks only by following certain definite rules.

All measures in this book are level. Half-pint measuring cups, pint and quart meas-

ures, and teaspoons and tablespoons of regulation size are used.

Flour is sifted before measuring, then sifted again with other dry ingredients except sugar. To measure dry ingredients, fill measure rounding full with a spoon or scoop, without shaking, and level with a knife. To measure butter and similar ingredients, pack spoon, cup, or other measure solidly, and level with a knife.

Weights are more accurate, and in some cases more convenient, than measures, and there should be in every kitchen a dial scale of several pounds capacity, and in insti-

tutional kitchens a platform scale for meats and bulky provisions.

TABLE OF WEIGHTS AND MEASURES

Time Table for Cooking



ADDIOL DO	Ti	ME	In miles no	Тіме		
ARTICLES	Hours	Minutes	ARTICLES	Hours	Minutes	
BOILING Mutton, leg. Ham (12 to 14 lbs.). Corned beef or tongue. Turkey (9 lbs.) Chicken (3 lbs.). Cod and haddock (3 to 5 lbs.). Halibut (2 to 3 lbs.). Small fish. Asparagus. Peas. String beans. Lima and other shell beans Beets (young). Beets (old). Cabbage. Onions. Parsnips. Spinach. Green corn. Macaroni.	2 to 3 4 to 5 3 to 4 2 to 3 1 to 11/4 1 to 21/2 1 to 11/4 3 to 4	20 to 30 30 6 to 10 20 to 30 20 to 60 	BAKING Bread (white loaf). Bread (Graham loaf). Biscuits or rolls (baking powder). Gems. Muffins (baking powder). Gingerbread. Cookies Baked batter puddings. Plum pudding. Pies. Scalloped oysters. Scalloped dishes of cooked mixtures. Baked beans Braised beef. Mutton (saddle). Lamb (leg). Veal (leg). Pork. Chicken (3 to 4 lbs.). Turkey (9 lbs.). Goose (9 lbs.). Duck (domestic).	2 to 3 3½ to 4½ 1¼ to 1¾ 3½ to 4 3 to 3½ 2½ to 3 2½ to 3	Minutes 45 to 60 35 to 45 12 to 15 25 to 30 20 to 25 20 to 30 6 to 10 35 to 45 30 to 50 25 to 30 12 to 15	
Muffins, fritters and doughnuts		3 to 5 5 to 8 4 to 6	Duck (wild)Fish (small, 3 to 5 lbs.)		20 to 30 20 to 30	
small fish		3 to 5	a visualism of the	-		

Articles	Boil on Stove Minutes	Leave in Fireless Stove Hours	Articles	Boil on Stove Minutes	Leave in Fireless Stove Hours		
Vegetables Potatoes. Peas, green. Tomatoes. Corn, green Onions. Cabbage. String beans. Turnips. Beets, green. Cereals Oatmeal Tapioca Sago. Rice.	5	2 2 2 3 3 3 3 4 4 2 All Night 2 2 2	Puddings Drop dumplings Cottage Fruit dumplings Suet Meats Veal, 2 lbs. Fish, 2 lbs. Beef, 2 lbs. Chicken, spring Beef, 3 lbs. Ham, 3 lbs. Pork, 2 lbs. Chicken, 1 year Corned beef. Pork, 3 lbs.	5 10 10 30 30 15 15 15 15 30 30 30 30 30 35	2 3 4 3 2 3 3 3 4 All Day 4 4 4		

TEMPERATURE GUIDE

Biscuits										450 degrees F.—Hot
Loaf Breads										300-3 10 degrees FSlow-Moderate
										350-375 degrees F.—Moderate—Hot
										325-350 degrees F.—Slow—Moderate
Fruit Cake.										. 200-275 degrees F.—Very Slow
Cookies										375-400 degrees F.—Hot
Muffins			-				-		-	doo degrees F.—Hot

Millions Use Calumet = Do You?



Correct Cable Service

L AY the covers, allowing enough space so that no one is crowded. (A cover consists of the plate, glass, silver and napkin to be used by each person.) At the center of each cover, place a plate, the kind depending on the meal that is to be served. See that the covers on the opposite sides of the table are directly opposite, not out of line. At the right of each plate, place the knife with the sharp edge toward the plate and the end of the handle about one inch from the edge of the table. Next to the knife, and parallel with it, place the spoons with the bowls up and the end of handles even with that of knife. At the left of the plate, place the fork or forks with the bowl up and the ends of the handles about one inch from the table. If a salad or pie fork is to be used, lay at the left and parallel to the meat fork. The napkins neatly folded, are placed at the left of forks, the same distance from the edge of the table as silver with their sides parallel to the silver. The glass should be placed at the end of the knife, always right side up,—at the end of the forks place the bread and butter plate.

Special pains should be taken in laying the table to provide everything necessary, that there may be as little occasion as possible to go to the pantry or kitchen.

Place the dishes from which the foods are to be served, conveniently for those doing the serving. Place the serving spoons at the right of the foods to be served. Never place the spoons in dishes before beginning the serving. Place the carving knife at the right of meat platter, the fork at the left.

Cups and saucers, sugar and creamer, should be placed in front of the hostess, with the coffee or tea pot at her right. The table should never look crowded with dishes. When the hostess is serving the meal—a tea cart at her side may be used to hold the dessert dish, bread plate, water pitcher, etc.

Place the chairs so that the edge of the seat just touches the tablecloth, but does not keep it from falling straight.

A Few Standard Rules for Serving

1. Two minutes before a meal is announced, fill each glass two-thirds full of water and place a piece of butter upon each bread and butter plate.

2. Everything should be passed and served from the left side. Place filled plates from the right.

- 3. Use a folded napkin in the hand under all dishes served which contain food.
- 4. Use a tray only when passing more than one article, as cream and sugar.
- 5. Always pass the most important accompaniment to a course first and the others in order of their importance.
- 6. Special watchfulness should be given by the maid that each person's needs are attended to.
- 7. In removing a course, take all dishes containing food,—then soiled plates and silver, from the left side.
- 8. Bread and butter plates should remain upon the table until after the salad has been served.
 - 9. Use a small napkin and a plate to remove crumbs from the table.
 - 10. Sit down from the left side of the chair.
 - 11. Never leave spoon standing in the cup.
 - 12. When not in use place the knife or fork across the plate at the right side.

Never Couched by Human Hands



Order of Serving

The order of serving depends largely upon the wishes of the hostess and the occasion. Serve first the hostess or the guest of honor, then the next person to the right around the table in succession, whether a man or a woman.

The majority prefer serving the hostess first and there are advantages in this as she can then see if the dish is properly prepared and served, and provided with suitable serving silver, also the guest by observing the hostess, may learn how to serve herself. To serve an orderly as well as an attractive dinner, it is not necessary to have a waitress. Place the pad or silence cloth on the table. Over this spread the tablecloth. If a center doily is used, place directly in the center of the table. A fern dish, dish of fruit or cut flowers may be used for table decoration according to individual taste and according to the elaborateness of the meal served. They should be low, so not to obstruct the view across the table. Doilies and table runners may be used for breakfast, luncheon and supper.

Children should be taught to help in the serving, to fill the water glasses, pass the butter or sauces, and remove the dishes between courses.

In many homes, the mother is the only one to leave the table and to remove the dishes for a change of courses, but this duty should devolve upon younger members of the family.

It is a great help to have some one sitting next to the carver serve the vegetables that are to be on the same plate with the meat, or the vegetables may be passed from one to another, each person helping himself.

Great care should be taken to pass all the accompaniments to each course at the right time, but avoid the confusion of passing many things at once.

Style of Serving

There are three methods of serving meals:

- 1. English Service, is informal. Foods are served at the table by host and hostess and her members of the family. If one has a maid, the passing is done by her; if not, by those sitting at the table.
- 2. Russian Service, is most formal. No food is on the table except candy and nuts. Each plate is served in the kitchen and placed in front of the guest by household helpers; or the empty plates are placed before each guest and the serving dishes are passed to each person by the waitress. No serving dishes are placed on the table. This form of service is rarely used except where there are servants.
- 3. The Compromise or Mixed Service, is used for the informal meals. It is a combination of the two other styles and requires the services of a waitress. For example, the soup or salad is served in the kitchen and the meat and vegetables are served at the table. Every hostess may follow her own ideas, but certain general rules should be followed.

Cable Decorations

A bouquet of bright colored flowers on a centerpiece of some kind improves the appearance of the table, and brightens the entire room as well as those who are participating of the food. It has been said many people eat with their eyes and if the surroundings are not attractive, the meal is spoiled in their estimation.

Table decorations need not be elaborate, or expensive, but much depends upon the care and the manner in which they are placed on the table.



nick Breads

BREADS are classified as quick breads and yeast breads. The latter require a long period of time for their preparation, while quick breads may be prepared in a short

Biscuits, quick rolls, muffins, griddle cakes and waffles are all known as quick breads and they are grouped according to the thickness of the mixture. Griddle cakes and waffles have the thinnest batter, then muffins and baking powder biscuits belong to the group of dough.

Corn Bread

I cup corn meal

1/2 cup white flour

11/2 level teaspoons Calumet Baking Powder

1 tablespoon sugar 3/4 cup milk

2 tablespoons melted shortening

I egg 1/2 level teaspoon salt

Sift dry ingredients three times, add milk, beaten egg and shortening. Mix thoroughly. Bake about 20 minutes in a hot oven (400 degrees F.).

Boston Brown Bread

I cup graham flour

1 1/2 cups sifted flour I cup corn meal

13/4 cups milk

I level teaspoon salt

3/4 cup molasses 4 level teaspoons Calumet Baking Powder

Sift dry ingredients three times, add moist ingredients. Steam three and one-hours in a well greased steamer. One cup of raisins may be added if desired.

Raisin Bread

3 cups sifted flour

3 level teaspoons Calumet Baking Powder

I level teaspoon salt

1 1/3 cups milk I cup raisins

1/3 cup sugar

Sift dry ingredients three times. Combine with milk and raisins. Bake in two medium sized pans about one hour in a moderate oven (350 degrees F.).

Mut Bread

3 cups sifted flour

3 level teaspoons Calumet Baking

Powder I level teaspoon salt I cup sugar

I cup chopped nuts

I beaten egg I cup milk

Sift dry ingredients three times; add the chopped nuts, then the beaten egg mixed with the milk. Mix to a dough. Pour into a well greased bake pan or fill baking powder cans ½ full and bake in a moderate oven (350 degrees F.) about 45 minutes.

Cast Spoonful Good as the First



Prune Bread

2 cups graham flour ½ cup bran

I level teaspoon salt

2 level teaspoons Calumet Baking

1/4 cup sugar

i cup prunes cup milk

I tablespoon shortening

Soak and cook the prunes, drain, stone and chop. Sift three times the dry ingredients; add milk and beat well. Add prunes and melted shortening. Pour into greased loaf pan, and bake in a moderate oven (350 degrees F.) about 1 hour.

Rusks

2½ cups flour 2½ level teaspoons Calumet Baking

Powder

I level teaspoon salt 4 tablespoons sugar

i teaspoon nutmeg I teaspoon cloves

1 egg 3/3 cup milk

2 tablespoons shortening

I teaspoon cinnamon

Sift dry ingredients three times, cut in shortening, add beaten egg and milk. Knead slightly. Shape into small rolls. Lay on greased pan close together or put in muffin tins. Brush with milk, sprinkle with sugar and bake in moderate oven (350 degrees F.) 20 to 30 minutes.

Cheese Straws

2 cups sifted flour

2 level teaspoons Calumet Baking

Powder i level teaspoon salt

3/4 cup dry grated cheese 1/2 cup shortening

½ cup milk 1/4 teaspoon paprika

Sift dry ingredients three times, cut in shortening, add grated cheese, beaten egg and milk. Roll 1/8 inch thick and cut in strips 4 inches long and 1/2 inch wide. Bake in a hot oven (375-400 degrees F.) until light brown.

Soft Gingerbread

½ cup sugar

1/3 cup molasses

1/2 cup shortening

2 eggs

3/4 cup milk 2 cups flour

2 level teaspoons Calumet Baking Powder

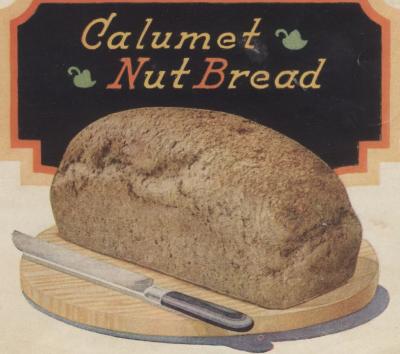
I level teaspoon salt 1/2 level teaspoon soda

½ level teaspoon each of ginger, cloves and allspice

Cream sugar and shortening, add beaten eggs and molasses. Sift three times baking powder, flour, salt, soda and spices and add alternately with the milk. Bake in a moderate oven (350-400 degrees F.) about 20 minutes.



See recipe page 4



See recipe page 4



See recipe page 7



See recipe page 11



Biscuits and Muffins

The Secret in Making Light Biscuits

ANYONE can make good biscuits by following the four principles which govern their production.

I. Cut in the shortening as the heat of the hands melts the shortening and more flour

is worked into the dough, toughening it.

2. Have a very soft dough. Add just enough liquid to combine the ingredients. Use cold milk or very cold water. Keep dough cool.

3. Bake in a very hot oven at 450 degrees F. for about 15 minutes, depending on size

of biscuits.

. Use Calumet Baking Powder.

While kneading is good for yeast bread, it will ruin biscuit dough. A stiff baking powder dough kneaded and worked will make poor biscuits, while a soft dough handled lightly will make them tender, light and palatable.

Calumet Biscuits

2 cups sifted flour

2 level teaspoons Calumet Baking Powder 1/2 level teaspoon salt 2 tablespoons shortening

3/4 cup milk

Sift flour, baking powder and salt three times. Rub the shortening in with a fork or the tips of the fingers. Add milk and mix lightly to a dough. Turn onto a well floured board and roll or pat to 1 inch thickness. Cut and bake in a hot oven (450 degrees F.) 12 to 15 minutes.

Graham Biscuits

Make a dough the same as for Calumet Biscuits, using ½ Graham flour or if preferred, all Graham. After removing from the oven, brush with melted butter.

Cheese Biscuits

To plain biscuit dough add ½ cup of grated cheese. Bake 12 to 15 minutes in a hot oven (450 degrees F.).

Clover Leaf Rolls

Make dough as for Calumet biscuits. Make three small balls of dough 1 inch in diameter and place in muffin pans. Bake in a hot oven (450 degrees F.) about 15 minutes.

Buttermilk Biscuits

2½ cups sifted flour

21/2 level reaspoons Calumet Baking

1/2 level teaspoon soda

½ level teaspoon salt

i teaspoon sugar 4 tablespoons shortening

i cup buttermilk

Sift dry ingredients three times, rub in fat, add liquid and roll 1/2 inch thick. Bake in a hot oven (450 degrees F.) about 12 to 15 minutes.

Don't Guess= Use the Best=Be Sure



Dirio Biscuits

2 cups sifted flour

2 tablespoons shortening

2 level teaspoons Calumet Baking Powder

3/4 cup milk I egg white

I level teaspoon salt

Sift dry ingredients three times. Rub in fat. Beat egg white until stiff and fold into milk. Proceed as for biscuits. Roll thin, brush with milk or egg white, fold over and press dough together before cutting. Prick biscuit with a fork before baking in a hot oven (450 degrees F.) about 12 to 15 minutes.

Calumet Parker House Rolls

Make dough as for Calumet Biscuits. Roll to $\frac{1}{2}$ inch in thickness. Cut with round cutter and crease the center with the blade of a knife. Brush half of the round with melted butter and fold over. Place in well oiled pan and bake in a hot oven (450 degrees F.) about 15 minutes.

Jaramel Rolls

2 cups sifted flour Powder

2 level teaspoons Calumet Baking

1/2 level teaspoon salt 3/4 cup milk

1/3 cup shortening

Sift flour three times with baking powder and salt. Rub in shortening with tips of fingers. Add liquid and mix to a soft dough. Roll out lightly, first lengthwise and then crosswise about 1/4 inch thick and spread with the following filling:

½ cup granulated sugar

1/2 cup raisins

2 tablespoons flour 2 tablespoons butter 1/4 cup nuts 1/2 teaspoon cinnamon

Combine sugar, flour and spice. Mix in butter, add nuts, raisins and mix all thoroughly. Spread over dough and roll it as one would a jelly roll and cut in slices about 34 of an inch thick.

FOR THE BOTTOM OF THE PANS

½ cup brown sugar

1/4 cup butter

Cream and spread over bottom of one round pan about 11/4 inch deep. Place slices close together. Bake about 25 minutes at 425 degrees F. When baked, turn upside down immediately or the caramel in bottom of pan will become hardened.

Twin Mountain Muffins

1/4 cup shortening

2 cups sifted flour

1/4 cup sugar

2 level teaspoons Calumet Baking Powder

I egg

1/4 level teaspoon salt

3/4 cup milk

Cream sugar and shortening, add egg well beaten. Sift flour three times with salt and baking powder. Add alternately with milk to first mixture. Bake in greased muffin pans about 25 minutes in a hot oven (400 degrees F.).

Last Spoonful Good as the First



Graham Muffins

I cup sifted flour

ı cup graham flour 2 level teaspoons Calumet Baking Powder

i tablespoon sugar

I level teaspoon salt

1/4 cup molasses

I egg

2 tablespoons melted shortening

I cup milk

Sift dry ingredients three times, add gradually the milk, egg, shortening and molasses. Bake in muffin pans about 25 minutes in a hot oven (400 degrees F.).

Bacon Muffins

1/4 cup shortening

1/4 cup sugar

I egg

I cup milk

2 cups sifted flour

2 level teaspoons Calumet Baking

Powder

1/2 level teaspoon salt

2 tablespoons crisp bacon

Cream shortening and sugar, add beaten egg. Sift flour and baking powder three times, add alternately with milk. Stir in bacon. Bake in a hot oven (400 degrees F.) about 25 minutes.

Date Muffins

1/3 cup shortening

1/4 cup sugar

1/4 pound dates

2 cups sifted flour

2 level teaspoons Calumet Baking

Powder

1/4 level teaspoon salt

3/4 cup milk

Cream shortening, add sugar gradually and the dates chopped fine. Mix well, then add the beaten egg. Sift the flour, salt and baking powder twice and add to first mixture alternately with the milk. Bake in greased muffin pans 20 to 25 minutes in hot oven (400 degrees F.).

Oatmeal Fruit Muffins

1/4 cup brown sugar 1/4 cup shortening

3/4 cup cooked oatmeal

1/3 cup molasses

1 1/2 cups sifted white flour

r level teaspoon Calumet Baking Powder

1/4 teaspoon soda

I teaspoon nutmeg

1/2 level teaspoon salt

1/4 cup seeded raisins

Cream shortening and sugar, add oatmeal, beaten egg and molasses. Sift dry ingredients three times. Mix thoroughly with moist ingredients. Bake about 20 minutes in a hot oven (400 degrees F.).

Calumet Surprises

Use Calumet Biscuit Dough and roll thin. Cut with a biscuit cutter.

½ lb. pork sausage (partially cooked or ½ lb. sliced fried bacon). Place small lump of sausage or one strip of bacon on half of biscuit. Fold over and press edges together. Bake in a hot oven (450 degrees F.) about 15 minutes.



Griddle Cakes and Waffles

Calumet Wheat Cakes

2 cups sifted flour

2 level teaspoons Calumet Baking

Powder

3 tablespoons melted shortening

1½ cups milk

1/4 level teaspoon salt Sift dry ingredients, add moist ingredients and bake on hot griddle.

Bread Griddle Cakes

1 ½ cups sifted flour

I cup stale bread crumbs

2½ level teaspoons Calumet Baking Powder

i level teaspoon salt

2 teaspoons sugar

1/2 cup boiling water I cup milk

2 tablespoons melted shortening

Add boiling water to stale bread crumbs. Let stand five minutes, then add milk. Sift dry ingredients three times, add to bread mixture, then add egg and shortening. Bake on a weil greased griddle.

Buckwheat Griddle Cakes.

r cup buckwheat flour 1/2 cup sifted white flour 1/2 level teaspoon salt 1 1/2 cups milk

11/2 level teaspoons Calumet Baking Powder

Sift dry ingredients three times, add milk and bake on hot griddle.

Rice Cakes

2 cups sifted flour

2 level teaspoons Calumet Baking

Powder

griddle.

2 tablespoons sugar

1/2 level teaspoon salt 1 cup cooked rice

2 eggs, well beaten

I cup sweet milk Sift dry ingredients three times, add moist ingredients and bake on a hot, well greased

Canned Corn Griddle Cakes

I cup canned corn I egg

ı cup sifted flour 2 level teaspoon Calumet Baking Powder

1/2 cup milk

1/2 level teaspoon salt

Sift dry ingredients three times, add moist ingredients and bake on a hot, well greased griddle.

Quality Never Varies= Uniform



Potato Pancakes

1 lb. grated raw potatoes

I finely chopped onion

1/2 cup sifted flour

1 level teaspoon Calumet Baking Powder

i beaten egg i level teaspoon salt

1/8 teaspoon pepper

Sift flour, baking powder and seasoning. Beat the egg and combine with potatoes and dry ingredients. Drop by spoonfuls on a hot griddle, flatten with a spoon and fry brown on both sides.

Waffles

21/4 cups sifted flour

2 1/4 level teaspoons Calumet Baking Powder

1/2 level teaspoon salt

i tablespoon sugar

1½ cups milk

2 tablespoons melted shortening

2 eggs beaten separately.

Sift dry ingredients three times. Add milk and melted shortening. Fold in stiffly beaten egg whites. Bake on a hot waffle iron.

Invalid Cookery

IT IS a matter of great importance that food for the sick be carefully prepared. The patient's recovery often depends on the kind, quality and quantity of food given him during illness. And, when the patient's appetite is poor it is oftentimes necessary to create one. You can succeed in doing this occasionally by preparing the patient's favorite dishes and serving them in an especially attractive manner. It is, therefore, necessary for the housewife to know something about what kinds of foods are good for invalids and how to prepare and serve them.

Food or diet for the sick may be classified in the following way:

First—Liquid diet, which includes broths, beef tea, beef extract, milk, eggnog, cream soups, gruels, etc.

Second—Soft diet, including soft cooked eggs, junket, milk toast, cooked custards, jellies, etc.

Third—Soft-solid diet, includes soft cooked eggs, creamed toast, asparagus, baked custards, oysters, tender chicken, and gelatin dishes.

Fourth-Special diet, one that is ordered by the physician for a particular case.

The patient should have his or her request for certain foods gratified whenever the food is suitable for that patient and the request is reasonable. Foods for the sick should be carefully cooked and only slightly seasoned. They should be served punctually and at such intervals as the physician advises. The tray for the invalid should be carefully arranged,—always dainty and attractive. The dishes and the linen used should be the best in the house. A single flower or even a cluster of leaves often makes the tray attractive. If the contents of the tray can be sent into the sick room as a surprise it will often tempt the appetite of the patient who otherwise might not eat if he knew what was coming. The tray should be removed from the room as soon as patient has finished.



Fritters, Doughnuts and Crullers

DEEP FAT FRYING

EEP fat frying is cooking by means of immersion in deep fat raised to a temperature of 350 to 400 degrees F. Three pounds of leaf lard or a good vegetable fat are required for deep frying. A heavy iron kettle is the best cooking utensil to use.

Great care should be taken that the fat is of the right temperature. If not the food

will absorb fat.

Do not fry too much at one time, not only because it lowers the temperature of the fat, but it may cause it to bubble over the sides of the kettle. It is not the fat that boils but the water which the fat has received from the food. All fried foods should be drained on brown paper to prevent greasiness.

Rules for Cesting Deep Fat for Frying

1. Drop an inch cube of bread from soft part of loaf into the fat. If it is golden brown in one minute the fat is at the right temperature for frying any batter or dough.

2. If an inch cube of bread becomes golden brown in forty seconds, the fat is then of the right temperature for frying any cooked mixture.

To Clarify

Melt fat, add raw potato, cut in quarter inch slices, and allow fat to heat gradually. When fat ceases to bubble and potatoes are brown, strain carefully. The potatoes absorb any odors or gases and collect some of the sediment, the remainder settling to bottom of kettle.

If the Fat Should Catch Fire

If a kettle of fat should catch fire while being heated, do not attempt to lift or remove it from the fire. Turn off the gas or electricity and cover with a heavy cloth wrung out of cold water. Place a lid on it if no heavy towel is at hand. Never pour water on it.

lain Fritter Batter

I cup sifted flour

2 tablespoons sugar

r level teaspoon Calumet Baking

I egg ½ cup milk

1/4 level teaspoon salt

Sift dry ingredients. Add beaten egg, milk and beat until smooth. Fry until a golden brown in hot deep fat.

Apple Fritters

Make plain fritter batter. Take large cooking apples, peel, core and quarter. Cook a few minutes in a medium syrup. Remove from syrup and dip each quarter in fritter batter. Fry to light brown in deep fat.

Tou Tave When You Use Calumet



Corn Fritters

2 cups corn

2 level teaspoons Calumet Baking Powder

1 1/2 cups sifted flour 1/2 level teaspoon salt 2 beaten eggs

1/8 teaspoon pepper ½ cup milk

1 tablespoon melted shortening

i tablespoon sugar

Sift dry ingredients thoroughly, add beaten eggs, milk, shortening and corn. Beat well and drop from tip of spoon into hot fat. Fry until light brown.

Rice Fritters

I cup sifted flour

2 level teaspoons Calumet Baking Powder

2 tablespoons sugar

1/2 level teaspoon salt

½ cup milk I cup cooked rice

ı egg Sift dry ingredients three times. Beat egg, add milk, rice and combine with the dry ingredients. Drop from tip of spoon in hot fat and fry until light brown.

Calumet Doughnuts

2 cups sifted flour

2 level teaspoons Calumet Baking

Powder 1/4 teaspoon salt ½ teaspoon nutmeg ½ teaspoon cinnamon

1/2 cup sugar

1 tablespoon melted shortening i beaten egg

1/2 cup milk Sift flour three times with baking powder, salt and spices. Combine sugar, beaten egg, melted shortening and dry ingredients alternately with the milk. Turn on a well floured board and roll $\frac{1}{2}$ inch thick. Cut with doughnut cutter and fry in deep hot fat until a golden brown.

Calumet Crullers

I cup sugar

2 egg yolks, well beaten

2 egg whites, beaten stiff 4 cups sifted flour

½ level teaspoon grated nutmeg 4 level teaspoons Calumet Baking

Powder I cup milk

Cream sugar and egg yolks, and add egg whites. Sift together thoroughly flour, nutmeg, baking powder and salt, and add alternately with milk to first mixture. Place on floured board, roll thin and cut in pieces three inches long by two inches wide; make four one inch gashes at equal intervals. Take up by running finger in and out of gashes, lower into deep hot fat and fry. Take up on a skewer, drain on brown paper and roll in powdered sugar, if desired.

Meat Croquettes

2 cups cold chopped meat 1/2 level teaspoon salt 1/8 teaspoon pepper

4 tablespoons flour

3 tablespoons shortening

i cup milk Few drops onion juice

Make a white sauce of the shortening, flour and milk. Cook until thick. Add seasoning and meat. When cold form into croquettes and fry in deep fat until brown.



Cakes, Cookies and Frostings

General Directions

CAKES

HAVE all the ingredients weighed or measured, the pans ready and the oven heating before beginning to mix the ingredients.

Sift the flour once before measuring, then three times with the required amount of

baking powder. Spices and salt are always added to the flour. Sifting of the dry ingredi-

ents a number of times insures a lighter and finer texture in the cake. Cakes are divided into two classes: Sponge Cakes and Butter Cakes.

To Mix a Sponge Cake

A true sponge cake contains only eggs for a leavening agent, but this type is too expensive for general use, especially if eggs are high in price. A sponge cake can be made that is just as light and delicate and at the same time costs less if fewer eggs are used and a small amount of baking powder added. Separate the yolks and whites of the eggs. Beat yolks until thick and lemon colored using an egg beater; add the sugar gradually and continue beating. Add flavoring. Beat egg whites until stiff and carefully add to first mixture. Cut and fold in the sifted flour, salt and baking powder. Pour into an ungreased pan and bake in a slow oven.

Co Mix Butter Cakes

The general method for mixing butter cakes is to cream the butter until it is light in color; then add sugar gradually and continue beating. The thorough creaming of butter and sugar makes a fine grained cake. Add egg yolks and chocolate if used. If fruits and nuts are added at this time they require no addition of flour to prevent them from settling to the bottom when the cake is baked. Add the sifted dry ingredients alternately with the liquid, add flavoring and fold in the stiffly beaten egg whites. The egg whites must be beaten stiff but not dry.

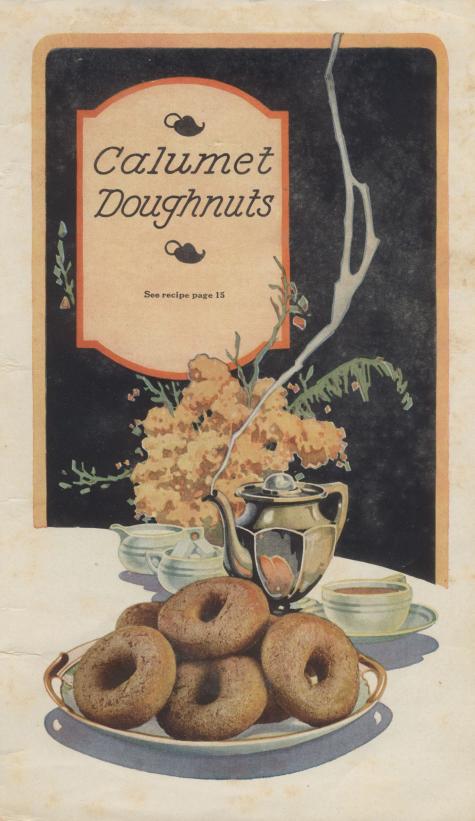
Many times eggs are not separated, but added one at a time to the butter and sugar mixture and beaten thoroughly after adding each one. This way of adding eggs makes a very light, feathery cake. A fine grained cake is produced only by hard beating before the beaten egg whites are used.

Baking Cakes

As much depends upon the baking of a cake as on the proper mixing. The time is divided into quarters:

(a) The first quarter, the mixture should rise.(b) The second quarter, continue to rise and begin to brown.(c) The third quarter, continue browning.

(d) The fourth quarter, finish baking, slightly settle and shrink from pan.







See recipe page 28

Nut Cookies



See recipe page 28

Has Greater Leavening Strength



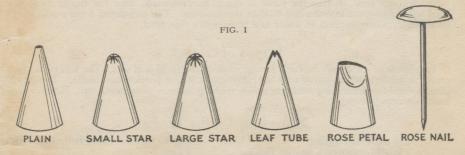
When Cake Is Done

- (a) It shrinks from sides of pan.
- (b) Feels firm when slightly pressed on top and leaves no print of the fingers.
- (c) It is a golden brown.
- (d) When a straw is inserted in the cake and comes out clean.

If cake is put in "too slow" an oven the texture will be coarse. If put in "too quick" an oven, the cake browns on top before it has sufficiently risen, and in its attempt to rise may break the crust. These troubles are less marked with Calumet Baking Powder than with any other powder. If too much flour has been added, the cake will crack. Coarse granulated sugar or too much sugar will make cake coarse and is apt to make it fall. Too much flour makes cake heavy. Pastry flour contains more starch and less gluten therefore makes a lighter and more tender cake. Long beating aids in making cake fine-grained. Never stir cake after final beating, or after egg whites have been folded into mixture. Let cake remain in pans for a few minutes after taking from oven—then remove to a cake cooler or turn out upon a towel on a level place.

Rules for Cake Decorating

Cake decorating is not a difficult art, but in order to become adept it requires long patient practice. The necessary tools and appliances required are first, the tubes, and second, the proper kind of icing. A large assortment is not necessary; illustration shows the various kinds of designs each tube will make.



In the above illustration each shape of tube is indicated to correspond with the type of design the tube will make. The rose nail is used for the making of roses. The knack in making them is in turning the nail. The tube and bag are held in the right hand with the large part of the tube close to the base of the rose and the nail is turned with the thumb and forefinger of the left hand. If a full bloom rose is desired, turn the pointed part of the tube out or if a bud is desired, turn the pointed part of the tube in.

To secure a shaded colored rose, take a small camel's hair brush and paint a small strip on the inside of the bag on the same side as the pointed part of the tube, or two colors may be run by placing one on each side of the bag at the same time.

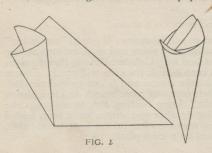
Various kinds of flowers are made on waxed paper and allowed to dry, then removed and placed on the cake before the icing is dry.

Make A "Best by Test" Trial Now



Making the Paper Cornucopia

Most any kind of strong paper will do for making the paper tubes providing it is thin and pliable, because thick paper will break when it is crinkled in closing the bag. To make the bag, have a sheet of paper that measures 28 x 20 inches. Cut sheet into 6



squares and then double from corner to corner and cut across. This will give you the proper three cornered shape for the bags. It is of great importance that the bag is made in the proper manner, and to do this take hold of the paper on the long side in the center, with the left hand. Take the lower corner in the right hand and twist away from you until you have formed the cornucopia. The point must be cut off so the tube will project about half way, or if the tube is not to be used, cut the point the desired size depending upon the size of the design to be made.

design to be made.

Fill bag two-thirds full with icing. Presente top of the bag together, lapping over the Fold the corners downward and hold bag firm

projecting corners as shown in figure 2. Fold the corners downward and hold bag firm while decorating to prevent any icing from escaping.

Color

Color is very important and in order for the decorated cake to be effective the color should be as dainty and delicate as possible. Use a good high grade coloring, and one which will not fade. Either the paste or liquid may be used. But the liquid must be used with discretion in order not to thin the frosting. The powdered form works very successfully when thinned in water and thoroughly dissolved.

Types of Joing

Two kinds of icing may be used for decorating, the hard and soft. The soft or butter cream is preferable for party and birthday cakes where borders are made. The hard icing is used for decorating wedding cakes, making flowers, ornaments, etc. Recipes are found on opposite page

American Coffee Cake

4½ cups sifted flour

4 level teaspoons Calumet Baking

Powder

I level teaspoon salt

1/4 teaspoon mace

6 level tablespoons shortening

2 eggs

12/3 cups milk and water (half and half)

I cup sugar (scant)

Sift flour, baking powder, salt and sugar three times; chop shortening in with spoon, beat egg whites with half egg-shell of water added to each until stiff, then add yolks and beat in; add milk and beat all together; turn into two square pans and spread even; brush top with milk. Spread with the following, first with egg:

1/2 cup graham cracker crumbs

i level teaspoon mace

½ cup sugar

3 level tablespoons shortening

Mix crumbs, sugar and mace; rub shortening in until it is crumbly; spread thick on top of cake; bake in moderate oven thirty to thirty-five minutes, at 325 to 350 degrees F.

Meets Every Baking Requirement



ocoanut Cake

1/2 cup shortening

1 ½ cups sugar 3 egg volks

I cup milk or cocoanut milk

3 cups sifted flour

3 level teaspoons Calumet Baking Powder

1/4 level teaspoon salt

3 egg whites

i teaspoon vanilla Sift flour three times with baking powder and salt. Cream shortening, add sugar gradually, vanilla and egg yolks. Beat thoroughly. Add dry ingredients alternately with milk. Fold in stiffly beaten egg whites. Bake in two layers in a moderate oven (375 degrees F.) 20 to 30 minutes. Cover with cocoanut frosting.

lain Cake

1/4 cup shortening

I cup sugar

I egg I teaspoon flavoring I cup milk

2 cups sifted pastry flour

2 level teaspoons Calumet Baking Powder

1/4 level teaspoon salt

Sift flour three times with baking powder and salt. Cream butter, add sugar, flavoring and beaten egg. Add dry ingredients alternately with milk. Bake in loaf pan in a moderate oven (350 degrees F.).

Banana Cream Cake

½ cup shortening

1 1/4 cups sugar 3 egg yolks

3 1/2 cups sifted flour

3½ level teaspoons Calumet Baking Powder

2 egg whites

I cup milk Sift flour and baking powder three times. Cream shortening add sugar gradually, then well beaten egg yolks. Add flour and milk alternately. Lastly fold in stiffly beaten egg whites. Bake in two layers 30-35 minutes, in a moderate oven (350 to 375 degrees F.). Put together with cream filling and sliced bananas.

heckerboard Cake

I cup shortening

2 cups sugar

I teaspoon flavoring

4 cups sifted flour 4 level teaspoons Calumet Baking Powder

1 1/3 cups milk 6 egg whites
Sift flour three times with baking powder. Cream butter, add sugar gradually. Add flavoring and dry ingredients alternately with the milk. Fold in the stiffly beaten egg whites. Color one-half of batter any desired color. Place batter in cake pan in alternate strips. Bake in 3 layers 20 to 25 minutes in a moderate oven (375 degrees F.).

alumet Cake

3/4 cup shortening 1 1/4 cups sugar

4 eggs

3/4 cup milk

2½ level teaspoons Calumet Baking Powder

21/2 cups sifted flour 1/6 level teaspoon salt

i teaspoon vanilla

Sift flour three times with baking powder and salt. Cream shortening, add sugar gradually, then well beaten yolks. Add flavoring, then sifted dry ingredients alternately with milk. Lastly fold in stiffly beaten egg whites. Bake in layer cake pans 20 to 25 minutes in a moderate oven (375 degrees F.).

Use Level Not Heaping Ceaspoonsful



Calumet Quick Cake

2 cups sifted pastry flour 2½ level teaspoons Calumet Baking Powder

1/8 level teaspoon salt Scant cup of sugar i teaspoon vanilla

Put the whites of two eggs into a measuring cup, fill 1/2 full with soft butter and fill the balance with half milk and half water. Sift dry ingredients three times, add measuring cup of wet ingredients and vanilla and beat for three minutes. Bake in a loaf pan in a moderate oven (350 degrees F.) 35 to 40 minutes.

For delicious variations of this cake the following:

Use 1 whole egg in place of 2 egg whites.

Chocolate Cake: 1 whole egg, 1 sq. of chocolate and 1/3 cup chopped nuts.

Sunshine Cake: 3 egg yolks, instead of 2 egg whites.

Spice Cake: 1 whole egg, 1/2 teaspoon nutmeg, 1/2 teaspoon cinnamon, and 1/4 teaspoon cinnamon, 2/2 spoon allspice.

Caramel Cream Cake

1/2 cup shortening I cup sugar

i teaspoon vanilla

½ cup milk 4 egg whites

2 cups sifted flour 2 level teaspoons Calumet Baking Powder

Sift flour and baking powder three times. Cream shortening, add sugar gradually, and flavoring. Then add sifted dry ingredients alternately with milk. Fold in stiffly beaten egg whites. Bake in two layers 25 to 30 minutes in a moderate oven (350 to 375 degrees F.). Put layers together with Caramel Filling.

Gertrude's Tavorite Cake

3/4 cup shortening 1 1/2 cups sugar

3 cups sifted flour 2½ level teaspoons Calumet Baking

4 eggs 3/4 cup water

Powder 1/2 level teaspoon salt

I teaspoon flavoring

Sift flour, baking powder and salt and sift three times. Cream butter, add sugar gradually, beat in one egg, add a little flour and water, beat well, and continue this process until all the eggs are used. Bake in two large layers in a moderate oven (350 to 375 degrees F.) about 35 minutes.

Inow Cake

1/4 cup shortening 1/2 cup sugar 1/2 cup milk

2 egg whites

½ teaspoon vanilla 1²/₃ cups sifted flour level teaspoons Calumet Baking Powder

Sift flour three times with baking powder. Cream butter, add sugar gradually. Add dry ingredients alternately with milk and flavoring. Fold in stiffly beaten egg whites. Bake in loaf pan in moderate oven (325 to 350 degrees F.) about 40 minutes.

Marble Cake

Follow recipe for snow cake. Color one-half of the mixture with I square of melted chocolate. Fill a loaf pan alternately with the two batters, in order to have the marble appearance. Bake in a moderate oven (325 to 350 degrees F.) 35 to 40 minutes.

Pure in the Can- Pure in the Baking



Spice Cake

1/2 cup shortening

i cup sugar

4 egg yolks or 2 whole eggs

3/4 cup milk

2 cups sifted flour

2 level teaspoons Calumet Baking

Powder

1/2 level teaspoon salt

Yz teaspoon nutmeg

Yz teaspoon cinnamon

Sift flour three times with baking powder, salt and spices. Cream shortening, add sugar gradually, and well beaten eggs. Add dry ingredients alternately with the milk. One cup of raisins may be added. Bake in loaf pan in moderate oven (350 degrees F.) 30 to 35 minutes.

Sunshine Cake

1/2 cup shortening

1 1/2 cups sugar

o egg volks

1/2 cup water

2½ cups sifted flour 2½ level teaspoons Calumet Baking

Powder

I teaspoon lemon juice and grated rind Sift flour three times with baking powder. Cream shortening, add sugar gradually, add egg yolks beaten until thick and lemon colored and lemon juice and rind. Add dry ingredients alternately with water. Bake in a slow oven (125 degrees F.) 50 to 60 minutes.

rumb Cake

2 1/2 cups sifted flour

1/2 cup soft shortening Mix well together and take out 3/4 cup of mixture for top.

2 cups brown sugar

I egg 3/4 cup milk 21/2 level teaspoons Calumet Baking

Powder i teaspoon cinnamon

Add milk to above mixture, then egg, cinnamon and baking powder. Beat until smooth. Bake 35 to 40 minutes in a moderate oven (350 degrees F.).

Apple Jance Cake

1/2 cup shortening i cup brown sugar

I cup raisins

1 1/2 cups sweetened apple sauce or rhubarb

I cup chopped nuts

21/3 cups sifted pastry flour i level teaspoon Calumet Baking Powder

I teaspoon each of cinnamon, cloves, and

nutmeg r level teaspoon soda

Sift flour three times with baking powder, soda and spices. Cream shortening, add sugar gradually chopped nuts, raisins and apple sauce. Then add dry ingredients and mix to a stiff batter. Bake in a loaf 50 to 60 minutes in a slow oven (325 degrees F.).

Lady J.S. I more Cake

1/2 cup shortening 1 ½ cups sugar

I cup milk

i teaspoon vanilla

3 cups sifted pastry flour

3 level teaspoons Calumet Baking

Powder

1/4 level teaspoon salt

1/4 teaspoon almond flavoring 3 egg white.

Sift flour three times with baking powder and salt. Comm shortening, add sugar and beat until mixture is light. Add flavoring, then dry ingree salternately with milk. Fold in stiffly beaten egg whites. Bake in two layers 20 to 25 minutes in a moderate oven (375 degrees F.). Put together with Lady Baltimore Filling.

13: llions Use Calumet= Do



Calumet Gold Cake

Yolks of 8 eggs

1 1/4 cups granulated sugar

2/3 cup water

1/2 cup shortening

2½ cups sifted flour

3 level teaspoons Calumet Baking

Powder

I teaspoon vanilla-

Sift flour and baking powder three times. Sift sugar, then measure. Cream shortening, add sugar gradually and cream thoroughly. Beat yolks until thick and lemoncolored, add these to butter and sugar and stir thoroughly. Add water and flour alternately, flavor and beat vigorously. Put in slow oven until raised to the top of the pan and increase the heat, and brown. Bake forty to sixty minutes in an ungreased mold (325 to 350 degrees F.).

Burnt Jugar Cake

1/2 cup shortening

I cup sugar

2 eggs

i teaspoon vanilla

i tablespoon burnt sugar syrup

21/2 level teaspoons Calumet Baking

Powder

21/2 cups sifted flour

Sift flour three times with baking powder. Cream shortening, add sugar gradually and the eggs one at a time, beating hard after each is added. Add burnt sugar syrup and vanilla. Add dry ingredients alternately with milk. Beat thoroughly and bake in two layers in a moderate oven (375 degrees F.).

Ham Cake

1/2 cup shortening

i cup sugar

2 eggs

i cup jam

1/2 cup sour milk

3 cups sifted flour

1 level teaspoon soda

1 level teaspoon Calumet Baking

Powder

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

1/4 level teaspoon salt

Sift flour three times with dry ingredients. Cream shortening, add sugar gradually, beaten eggs are jam. Add dry ingredients alternately with sour milk. Beat thoroughly. Bake in a loaf about 1 hour in a moderate oven (325 degrees F.).

Fruit Cake

1 lb. brown sugar

1 butter

Ic ggs

I cup molasses

I cup honey

I gill brandy or cider

1/2 teaspoon cloves

1/2 teaspoon cinnamon

1/2 teaspoon mace

1/2 lb. candied cherries

½ lb. pineapple 1/2 lb. nuts 1 lb. dates

1/2 lb. orange and lemon peel

I lb. raisins 1 lb. currants

1/2 lb. citron

I lb. sifted flour I level teaspoon Calumet Baking

Powder

Sift flour three times with spices and baking powder. Cream shortening and sugar until light in color. Prepare fruit, add to butter mixture with molasses, honey and cider. Add dry ingredients, and pour into pans. Bake in a very slow oven (200 degrees F.) for 11/2 to 2 hours. Makes 10 lbs.

Never Couched by Human &



Cocoa Cake

4 tablespoons shortening

I cup sugar

I egg I cup sour milk 2 cups sifted flour

1/2 level teaspoon Calumet Baking Powder

i level teaspoon soda

3 tablespoons cocoa

Sift flour three times with baking powder, soda and cocoa. Cream shortening, add sugar and well beaten egg. Add dry ingredients alternately with sour milk. Bake in two layers in a moderate oven (375 degrees F.) about 20 minutes.

Calumet Judge Cake

1/2 cup shortening

i cup sugar

2 squares melted chocolate

2 cups sifted pastry flour

2 level teaspoons Calumet Baking Powder

1/2 level teaspoon salt

i teaspoon vanilla

I cup milk

Sift flour three times with baking powder and salt. Cream shortening, add sugar gradually, melted chocolate, well beaten egg and vanilla. Then add dry ingredients alternately with milk. Pour into square pan and bake about 40 minutes in a moderate oven (350 degrees F.). Frost with chocolate fudge frosting.

French Nougat Cake

1/2 cup shortening

13/4 cups sugar

2 squares chocolate

4 eggs

3 cups sifted flour

3 level teaspoons Calumet Baking Powder 1/8 level teaspoon salt

I cup milk

Sift flour three times with baking powder and salt. Cream shortening, add part of sugar, add eggs unbeaten one at a time and remainder of sugar. Beat thoroughly after adding each egg, add melted chocolate. Add dry ingredients alternately with liquid. Bake in loaf about 50 minutes in a moderate oven (350 degrees F.).

Devil's Food Cake

13/4 cups sugar 1/2 cup shortening

1/2 cup sour milk

i teaspoon vanilla

1/2 cup boiling water

4 tablespoons melted chocolate

2 cups sifted flour

I level teaspoon Calumet Baking Powder

1/2 level teaspoon soda

Sift flour three times with baking powder and soda. Cream shortening, add sugar gradually, egg yolks, melted chocolate and vanilla. Add dry ingredients alternately with sour milk and water. Fold in stiffly beaten egg whites. Bake in two large layers about 25 minutes in a moderate oven (350 degrees F.). Put layers together with chocolate fudge frosting.

1/4 cup butter 1 1/3 cups granulated sugar ²/₃ cup brown sugar 2/3 cup milk

i tablespoon corn syrup

Mix ingredients, add one-half of butter. Boil until a soft ball is formed in cold water. Add rest of butter. Let set until almost cool. Beat until of consistency to spread. Onehalf cup of nuts may be added.

Last Spoonful Good as the First



Hot Water Sponge Cake

2 egg yolks

I cup sugar

3/8 cup hot water 1/4 teaspoon lemon juice 2 egg whites

i cup sifted flour

1 1/2 level teaspoons Calumet Baking

Powder

1/4 level teaspoon salt

Beat yolks until thick and lemon colored, add one-half sugar gradually, and continue beating; then add water, remaining sugar, lemon juice, stiffly beaten egg whites, and flour sifted three times with baking powder and salt. Bake in an ungreased cake pan about 40 minutes in a slow oven (325 degrees F.).

Sponse Cake

6 egg yolks

I cup sugar

I tablespoon lemon juice

1/4 level teaspoon salt

6 egg whites

ce I cup sifted flour Grated rind of 1/2 lemon

Beat yolks until thick and lemon colored, add sugar gradually, and continue beating using egg beater. Add lemon juice, rind and whites of eggs beaten until stiff; partially mix whites with mixture, remove beater, carefully cut and fold in flour and salt which have been sifted three times. Bake in an ungreased cake pan about one hour in a slow oven (325 degrees F.).

Filling for Lady Baltimore Cake

1/2 cup sugar 2 tablespoons flour

i cup cream 3 egg yolks I cup chopped nuts

Mix flour and sugar. Add cream and cook over hot water until thickened. Remove from fire, add beaten egg yolks. Return to fire and finish cooking. When cold add nuts and spread between layers, cover top and sides with boiled frosting.

Cream Filling

I cup milk 3 tablespoons flour

r egg r tablespoon butter

3/8 cup sugar

Mix flour, sugar and beaten egg. Add scalded milk and cook in double boiler until thick. Add butter.

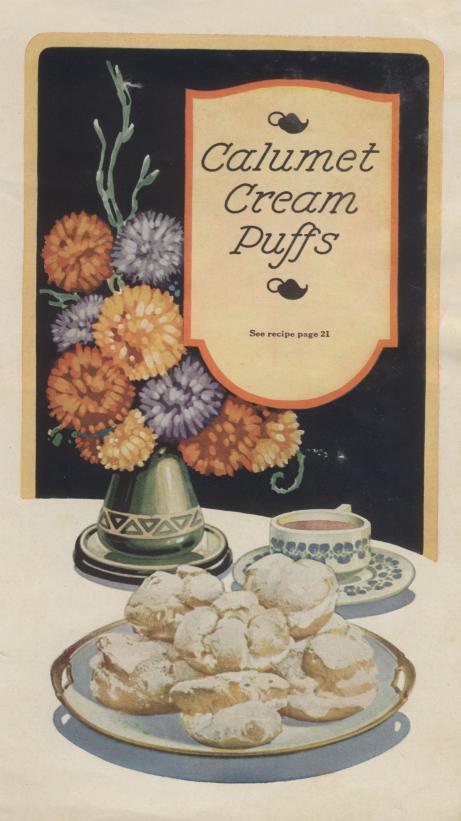
Parisian Cream

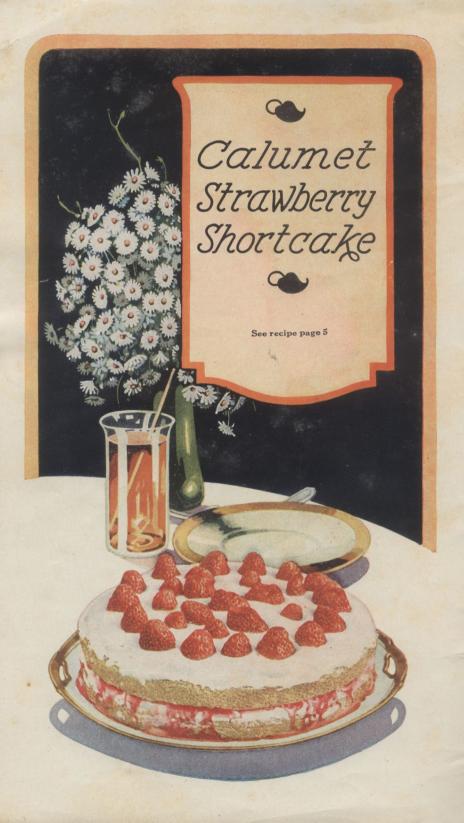
2½ cups confectioners' sugar 1/4 cup butter

I egg white

2 tablespoons burnt sugar

Cream butter, add sugar gradually, then unbeaten egg white and burnt sugar. Beat until smooth.





ast Spoonful Good as the First



COOKIES

Classes of Cookies

The mixing of cookies is the same as for cakes, with the exception that more flour is added in order that the dough can be stiff enough to either drop from a spoon or be rolled out: They are classified as:

1. Roll Cookies

2. Drop Cookies

3. Ice Box Cookies

Rolled cookie dough must be handled very little and be as soft as possible. The softer the dough the more tender the cookies. If the dough is very soft, place it in an ice box or cool place for a while.

Ice box cookies are made by shaping the dough into a square or oblong form, leaving in the ice box until firm enough to cut in slices for baking.

Cookies must be baked at a higher temperature than cakes, because of the large amount of surface exposed, the only exception being fruit cookies. They should be baked at a lower temperature to thoroughly cook the fruit.

Almond Drop Cookies

3 cups sifted flour

3 level teaspoons Calumet Baking Powder

I teaspoon cinnamon 1/8 teaspoon salt

3/4 cup blanched almonds (chopped) 2/3 cup shortening

I cup milk

2 eggs 1/4 teaspoon almond flavoring

3/4 cup sugar Sift flour three times with baking powder, cinnamon and salt. Add sugar, nuts, eggs, butter, milk and flavoring to sifted dry ingredients and beat thoroughly. Drop by teaspoons on greased baking sheet and bake in a hot oven until light brown at 400 degrees F.

Sour Cream Cookies

I cup shortening

I cup sugar 2 eggs

I cup thin sour cream

½ teaspoon lemon juice

3½ cups sifted flour 1 level teaspoon Calumet Baking

Powder

1/2 level teaspoon soda

Sift flour three times with baking powder and soda. Cream shortening, add sugar, lemon juice and beaten eggs. Add dry ingredients and sour cream. Roll ¾ inch thick, sprinkle with sugar, and bake about 10 minutes in a hot oven (400 degrees F.).

Macaroons

I cup blanched almonds

3 egg whites

1/4 pound candied cherries I cup sugar

1 level teaspoon Calumet Baking Powder

Grind almonds, and mix with half the sugar, beat egg whites slightly. Add rest of sugar and baking powder. Beat until stiff. Add almonds and ¾ of the cherries. Drop from tip of spoon on an oiled pan, place a piece of cherry on top of each and bake in a moderate oven (350 degrees F.) about 20 minutes.

Don't Guess= Use the Best=Be Jure



Oatmeal Drop Cookies

1/2 cup shortening

1/2 cup brown sugar

I egg I cup raisins

I cup ground rolled oats

1/3 cup milk I cup sifted flour

I level teaspoon Calumet Baking

Powder

1/4 level teaspoon salt

1/8 teaspoon nutmeg Sift flour three times with baking powder, salt and nutmeg. Cream shortening, add sugar, beaten egg, raisins, and ground rolled oats. Add dry ingredients alternately with milk. Drop from teaspoon on oiled baking sheet. Bake in a hot oven (375 degrees F.) 15 to 20 minutes.

Butterscotch Ice Box Cookies

1 1/2 cups shortening

2 cups brown sugar

slices. Bake in a hot oven (400 degrees F.).

3 cups sifted flour

2 level teaspoons Calumet Baking Powder

Cream shortening, add sugar, then beaten eggs and mix thoroughly. Sift flour three times with the baking powder. Mix to a dough. Shape in a roll, chill and slice in 1/4 inch

Date Sumbles

1/2 cup shortening 1 1/2 cups sugar

3 eggs

I cup chopped dates

I cup chopped nuts

I teaspoon vanilla 7 tablespoons water 3½ cups sifted flour

I level teaspoon Calumet Baking Powder

3/4 teaspoon soda

Sift flour three times with baking powder and soda. Cream shortening, add sugar, beaten eggs, dates, nuts and vanilla. Add dry ingredients alternately with water and mix thoroughly. Drop from tip of spoon on greased pan 1 inch apart. Bake in a moderate oven (375 degrees F.).

FROSTINGS

Caramel Nut Frostino

I cup brown sugar

1/2 cup granulated sugar 1/3 cup water

I teaspoon vanilla 1/4 cup chopped nuts

Boil sugar and water until it spins a thread. Set aside while beating egg whites. Pour slowly over eggs, beating constantly. When cold add flavoring and nuts. Spread on cake.

Maple Frosting

3/4 cup milk 1 1/2 cups sugar I teaspoon maple flavoring

1 tablespoon butter

Cook milk and sugar until it forms a soft ball in cold water. Remove from fire and add flavoring and butter. Cool and beat until creamy and thick enough to spread.

Last Spoonful Good as the First



Chocolate Fudge Frosting

2 cups sugar 3/4 cup milk 3 tablespoons melted chocolate

i tablespoon butter

1 tablespoon corn syrup

Mix sugar, milk, corn syrup, and when boiling add the melted chocolate. Cook until a soft ball is formed in cold water. Then add butter and when cold beat until creamy and stiff enough to spread.

Uncooked Ornamental Frosting

3 egg whites

XXXX sugar

I teaspoon lemon juice

Add sugar to egg whites gradually and continue beating until stiff enough to spread. Add lemon juice as the mixture thickens. Beat until very light. A drop of blue coloring will help to make it white after icing is of the proper consistency. Keep covered with a damp cloth.

Butter Cream Frosting

½ cup sweet butter

2 cups XXXX sugar

½ teaspoon vanilla

If sweet butter cannot be obtained remove salt from butter by washing in cold water. Cream butter and add sugar gradually. Beat until light. Add vanilla, and keep in a cold place.

Orange Butter Tring

4 tablespoons butter

i egg yolk

2 cups confectioners' sugar

½ teaspoon vanilla 1 tablespoon orange juice

i teaspoon grated orange rind

Cream butter, add beaten egg yolk. Gradually stir in sugar, orange juice and vanilla.

Cocoanut Frosting

2 egg whites

3 cups confectioners' sugar

1 tablespoon lemon juice

Beat egg whites and add sugar gradually. Continue beating and add lemon juice. Spread on cake and sprinkle with cocoanut.

Mocha Frosting

2 cups confectioners' sugar

½ teaspoon vanilla

2 teaspoons cocoa 2 tablespoons cold coffee

4 tablespoons butter

Cream butter, add sugar and cocoa gradually. Add vanilla, then coffee slowly until the mixture is smooth, creamy and thick enough to spread.

uality Never Varies= Uniform



Cooked Ornamental Frosting

2 cups sugar

I cup water

3 egg whites

1/2 level teaspoon Calumet Baking

Powder

i tablespoon corn syrup

Boil sugar, water and corn syrup without stirring until it forms a long thread when dropped from the end of a spoon. Remove from fire and pour slowly on the stiffly beaten egg whites. Add baking powder and beat until stiff enough to hold its shape when forced through a pastry tube. If frosting becomes too hard before all decorating is done, add a few drops of water.

Boiled Ting

2 cups sugar 1/2 cup water I tablespoon corn syrup

2 egg whites

1/2 teaspoon flavoring

Boil sugar, water and syrup until it spins a thread. Pour slowly over the stiffly beaten egg whites. Add flavoring and beat until stiff enough to spread.

Chocolate Jaing

I beaten egg

I cup granulated sugar

2 squares melted chocolate

2 tablespoons butter 3 tablespoons milk ½ teaspoon vanilla

Mix all ingredients, but vanilla. Bring to a good boil, take from fire, let cool, add vanilla,

and beat until creamy. Lemon Filling

½ cup sugar

1 1/2 teaspoons cornstarch

Speck salt

1 tablespoon butter

2 egg yolks or 1 whole egg

1 lemon

1/2 cup water

Mix the dry ingredients, add the slightly beaten egg yolks or whole eggs, the juice and grated lemon rind and water. Cook in a double boiler until thick. Add butter and spread between layers of cake.

Gold Frosting

I cup sugar 1/2 cup water egg yolks

½ teaspoon lemon juice

½ teaspoon vanilla

Boil sugar, water and lemon juice until when dropped from top of spoon it spins a thread. Remove from fire, cool slightly and pour slowly over the well beaten egg yolks. Add vanilla. Beat until proper consistency to spread on cake.

Fruit Cream Filling

I cup cream 1/3 cup sugar I egg white

1/2 cup crushed berries

I teaspoon lemon juice

Whip cream, add sugar and stiffly beaten egg white. Fold in crushed berries and add lemon juice. Serve on cake for dessert or in cream puffs.



MRS. W. E. FARLEY

Kentucky's most famous cake and pastry maker. The winner of twenty blue ribbon first prizes for cakes and pastries at the great Kentucky State Fair during the past seven years. Mrs. Farley is known throughout the South as an authority on cake making. She says:

"For 26 years I used the high-priced Trust Brand Baking Powder, and thought I was getting good results until I tried Calumet, the moderate-priced quality brand. I have used Calumet for years, and every baking is a big delightful surprise.

"Since I have been using Calumet Baking Powder I have won over ten prizes in Cake Baking contests, all in competition with many expert contestants.

"I won four prizes last year at the Kentucky State Fair. Recently I took first prize with my Calumet Cake in competition with Royal at the Cake Baking contest held in connection with the Cooking School conducted by Betty Lyle Wilson for the Louisville *Post*.

"I gladly recommend Calumet to every housewife for its purity, genuine whole-someness, full economy and never-failing results."

Louisville, Ky.

MRS. W. E. FARLEY.

Des Moines, Iowa.

"I wish to state for the benefit of the public that after several years' experience with Calumet Baking Powder in fine pastry, cake and biscuit making, both as a professional demonstrator and teacher and in the cuisine of my own home. I believe that Calumet Baking Powder is the best yet manufactured. It has never failed me, and I cannot say this of Royal, Price's or other brands now so extensively advertised." (Signed) Sarah Wharton Moore.

Chicago, Ill.

"In all my years of experience with food products I have never found anything that has given such excellent results and satisfaction as the use of Calumet Baking Powder, and I have used a number of brands worth considering. I have had Calumet Baking Powder tested chemically and find that perfect neutralization occurs in the process of baking and it gives one a pure wholesome baking. I have also tested it for a number of years practically and it has never failed me, and I heartily recommend Calumet Baking Powder to anyone wishing a pure, wholesome baking powder and one that has efficiency."

(Signed) Anna B. MacLouth.

Calumet Baking Powder has been tested both chemically and practically by leading physicians, chemists, and chefs, and is recommended by all who have investigated it, as being a high-grade baking powder of rare merit at a reasonable price.





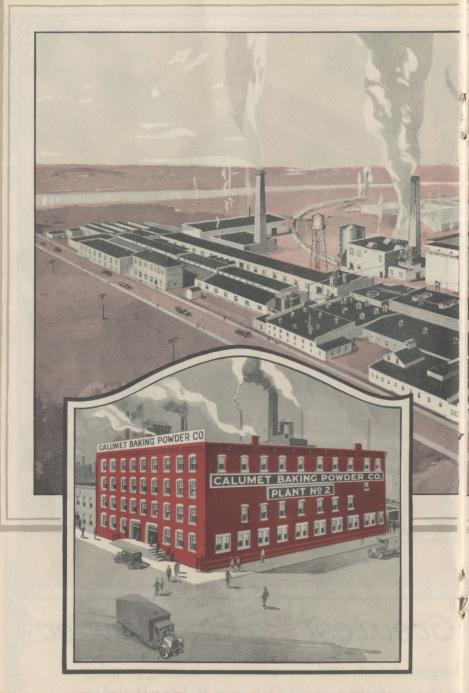






The Home of The World's Greatest Baking Powder

This immense plant, located in Chicago, is the largest, finest, and most sanitary baking powder plant in the world. It is devoted exclusively to the manufacture of Calumet Baking Powder. In this plant are also located the general offices, model kitchen, model bakeshop, and laboratories.





Plant No. 2 at East St. Louis, though smaller than the Chicago Plant, is the peer of all other baking powder factories



CALUMET BAKING POWDER MATERIAL PLANT

THE CALUMET BAKING POWDER MATERIAL PLANT is located at Joliet, Illinois. This entire plant, comprising forty-three buildings, on six acres, is devoted exclusively to the manufacture of the materials used in the preparation of Calumet Baking Powder.

The three Calumet Baking Powder Plants comprise the largest, finest, and most complete baking powder industry in the world.

Strictly sanitary standards are maintained throughout the plants. At no time is Calumet touched by human hands.





What Marian Cole Fisher says about Calumet-READ IT!



MARIAN COLE FISHER

LECTURES ARTICLES RECIPES ECONOMICS

Marian Cole Fisher

Baking Expert

TEACHER OF
APPLIED HOUSEHOLD SCIENCE
ST. PAUL

Dear Housewife:

Actively engaged as you know I have been for a great many years in Home Economics and Domestic Science, it often becomes necessary for me to make exhaustive studies, careful tests and scientific analyses of food values and different products.

To the question of Baking Powder which has been foremost in the minds of millions of housewives, I have given very serious study. I find that Calumet Baking Powder comes more nearly reaching the height of perfection than any of the endless brands of Baking Powder I have ever used from the standpoint of efficiency and economy; and in fact from every angle, it gives absolute satisfaction and delightful results.

Carefully follow the directions given for the use of Calumet Baking Powder. If you will do this, you will accept it as your standard of baking powder, also you will see from experience as I have why Calumet is called the world's greatest baking powder.

Sincerely.

Marian Cole-Fisher





PASTRY

P ASTRY is divided into two classes. First, puff paste—Second, plain paste. Puff paste which to many seems difficult to prepare, is seldom attempted by any one except professionals. One who has never handled a rolling pin, however, is less liable to fail under the guidance of a good teacher, than an old cook who uses too much force in rolling the dough. A cold room, cold ingredients, rapid work and light touch are necessary.

General Rules for Pastry Making

To assure successful pastry for pies:

1. Use cold water, cold utensils and have the kitchen cool.

2. Work quickly, mix very little, as kneading toughens.

3. Flour the board as little as possible.

4. Do not turn pastry and roll on both sides.
5. Have oven very hot (400 to 450 degrees F.) for baking pastry.
6. To prevent lower crust from absorbing the juice, sprinkle with flour, sugar or corn flakes.

7. Fats: (a) Lard makes white flaky crust; (b) Lard and butter give good flavor.

Pie crust is often made without baking powder, but it requires much skill and practice as well as more shortening, to make it tender and flaky. When a plainer and more economical crust is desired, the use of a little baking powder will produce the results required. If pastry flour is used the results will be found more satisfactory.

Puff Paste

1 pound butter Cold water

1 pound sifted pastry flour or 14 ounces bread flour

Wash the butter, pat and fold until no water flies. Reserve 2 tablespoons of butter, and shape remainder into a circular piece one-half inch thick, and put on floured board. Work two tablespoons of butter into flour with the tips of fingers. Moisten to a dough with cold water, turn on slightly floured board, and knead five minutes. Cover with towel, and let stand five minutes.

Pat and roll one-fourth inch thick, keeping paste a little wider than long, and corners square. If this cannot be accomplished with rolling pin, draw into shape with fingers. Place butter on center of lower half of paste. Cover butter by folding upper half of paste

over it. Press edges firmly together.

Fold right side of paste over enclosed butter, the left side under enclosed butter. Turn paste half way round, cover, and let stand five minutes. Pat, and roll one-fourth inch thick, having paste longer than wide, lifting often to prevent paste from sticking, and dredging board slightly with flour when necessary. Fold from ends toward center, making three layers. Cover and let stand five minutes. Repeat twice, turning paste half way round each time before rolling. After fourth rolling, fold from ends to center, and double, making four layers. Put in cold place to chill; if outside temperature is not sufficiently cold, fold paste in a towel, put in a dripping pan, and place between dripping pans of crushed ice. If paste is to be kept for several days, wrap in a napkin, put in tin pail and cover tightly, then put in cold place; if in ice box, do not allow pail to come in direct contact with ice.—Boston Cooking School Cook Book direct contact with ice. - Boston Cooking School Cook Book.

Last Spoonful Good as the First



Pie Pastry

3 cups sifted flour level teaspoon salt Water

1/2 level teaspoon Calumet Baking Powder 1 cup shortening

Sift dry ingredients cut in shortening, add just enough cold water to hold the ingredients together. Bake in a hot oven (400 degrees F.).

Pumbkin Pie

2 eggs 1/2 cup sugar I cup stewed pumpkin 1/4 teaspoon allspice 1/4 teaspoon cloves 1 1/2 cups milk

1/4 teaspoon ginger Beat eggs, add sugar, pumpkin and spices. Mix thoroughly and then add milk. Bake in a pie crust.

Custard Pie

2 eggs 3 tablespoons sugar 1/8 level teaspoon salt 1 1/2 cups milk

Few gratings nutmeg

Beat eggs slightly, add sugar, beat well and then add salt and milk. Line plate with plain paste. Strain in mixture, and sprinkle with few gratings of nutmeg. Bake in a quick oven at first to cook bottom crust. Decrease the heat, as egg and milk in combination need to be cooked at a low temperature (250 to 350 degrees F.) until a silver knife comes out clean.

Calumet Fruit Pockets

2 cups sifted flour 2 level teaspoons Calumet Baking 1/4 level teaspoon salt 3 tablespoons shortening 3/3 cup milk

Sift flour, baking powder and salt three times, chop in shortening and mix with milk to a soft dough. Turn out on a well floured board, roll ½ inch thick and cut the dough in ovals. On each piece of dough put a spoonful of filling, brush edges with white of egg, foldover to make a pointed cake, turn plain side up, press lightly to flatten. With a sharp knife make three short cuts across top. Sift over a little powdered sugar, place well apart on greased pans and bake in a hot oven (375–400 degrees F.) until light brown.

Filling

1/4 cup chopped raisins 1/4 cup chopped citron

1/4 cup chopped nut meats

1/4 cup currants

2 tablespoons granulated sugar Stir all ingredients thoroughly.

14 teaspoon allspice 14 teaspoon cinnamon 1/8 teaspoon cloves

2 tablespoons orange juice i tablespoon lemon juice

Do Not Experiment - Use Calumet



Paisin Pie

1/2 cup sugar 2 cups seeded raisins 1 1/2 cups boiling water 1/2 level teaspoon salt

i tablespoon grated orange rind

3 tablespoons orange juice 2 tablespoons lemon juice 1 tablespoon grated lemon rind 2 tablespoons cornstarch

1/2 cup walnut meats Cook raisins in boiling water five minutes; pour into sugar and cornstarch which have been mixed together. Cook until thick. Remove from fire, add other ingredients and

Sour Cream Pie

I cup sour cream 3 egg yolks 1/2 cup seeded raisins

I cup sugar ½ teaspoon cinnamon 1/4 teaspoon cloves Mix and bake in an unbaked crust like a custard pie. Cover with meringue and brown.

emon Pie

3/4 cup sugar

bake between two crusts.

1/2 level teaspoon salt 3 tablespoons cornstarch 2 tablespoons flour

13/4 cups hot water

2 egg yolks Grated rind of one lemon Juice of 1 lemon

2 tablespoons butter

Mix dry ingredients and add to hot water, cook until thick. Add beaten egg yolks and cook a few minutes longer. Remove from fire, add lemon juice and turn into baked crust. Cover with meringue and brown at a low temperature (300 degrees F.).

Meringue

3 egg whites 6 tablespoons sugar 1/4 level teaspoon Calumet Baking Powder

1/4 teaspoon flavoring

Beat egg whites until fluffy, add dry ingredients gradually and beat until stiff. Spread over pie and bake in a slow oven (300 degrees F.) until brown.

Grape Meringue Pie

4 cups purple grapes

2 whole eggs 3/4 cup sugar

2 tablespoons flour i teaspoon lemon juice Speck salt

Cook the grapes a few minutes. Press through a coarse sieve to remove seeds. Separate the eggs and to the yolks add the sugar, flour and salt. Mix well, and pour into a pan lined with a crust. Bake in a moderate oven. When done cover with a meringue made from the 2 egg whites and brown slowly in a cool oven.

hocolate Cream Pie

3½ tablespoons flour I cup sugar

Speck of salt

2 tablespoons butter

1 ½ cups milk

i teaspoon vanilla

3 tablespoons cocoa or 1 square chocolate

Mix the flour, sugar, salt and cocoa if used. Add milk, and cook in double boiler until thick. Remove from fire, add beaten egg yolks and cook a few minutes longer. When done, add butter, and pour into a baked pie shell. If chocolate is used melt it and add after the milk has been added. Make a meringue for the top with the two egg whites.



Desserts and Jances

Date Pudding

½ cup sugar

1 beaten egg 2 tablespoons milk

1/3 cup sifted flour

1 level teaspoon Calumet Baking Powder

1/8 level teaspoon salt I cup chopped dates

I cup chopped nuts

Mix sugar, egg and milk. Sift dry ingredients and add to dates and nuts. Combine the mixtures. Pour into an oiled pan and bake in a moderate oven (350 degrees F.) until firm. Serve cold with whipped cream.

Cherry Pudding

2 tablespoons shortening

1/3 cup sugar 1/3 cup milk

I cup sifted flour

I level teaspoon Calumet Baking Powder

1/4 level teaspoon salt

I cup drained canned cherries

Cream shortening and add sugar gradually. Sift flour, baking powder and salt three times. Add alternately with milk. Add cherries and bake in greased muffin tins in a moderate oven (375 degrees F.) 20 to 25 minutes. Serve with a warm sauce.

Filling for Cream Puffs

²/₃ cup sugar 1/3 cup sifted flour

1/8 level teaspoon salt

2 cups milk

2 eggs I teaspoon vanilla and lemon

2 tablespoons butter

Mix sugar, flour and salt, add to milk, heated in double boiler. Thoroughly cook. Take from fire, add flavoring and butter. Fill cream puffs when cold.

Ubside Down Cake

Put into a skillet:

1/4 cup butter I cup brown sugar

Cake Batter

1/4 cup shortening 3/4 cup sugar

I cup crushed pineapple, peaches or apricots

1/2 cup milk

1 ¼ cups sifted flour 1 ¼ level teaspoons Calumet Baking Powder

Mix as for any cake and pour into the skillet over the above mixture. Bake in a moderate oven (350 degrees F.) about 30 minutes.







See recipe page 49

Lemon Cream Pie Wa



See recipe page 47

Make A "Best by Test" Trial Now



Calumet Strawberry Shortcake

Make dough as for Calumet Biscuit, adding two tablespoons of sugar to the baking powder and flour, if sweet shortcake is desired. Roll dough in two round pieces and spread with butter. Bake in two round cake tins fifteen to twenty minutes in moderate oven, at 350°-400° F. Brush with melted butter. Put the strawberries and juice between the layers, and on top of shortcake. Whipped cream sweetened and flavored to taste can be added.

Calumet Bread Sudding

2 cups bread crumbs

2 cups milk

1/3 cup sugar I level teaspoon Calumet Baking Powder

1/4 level teaspoon salt

2 eggs

i teaspoon vanilla

2 tablespoons butter

Scald milk, pour over crumbs and butter, let stand until cool. Add beaten eggs and other ingredients. Bake in a buttered baking dish in a moderate oven (350 degrees F.) 25 to 30 minutes. Serve with caramel sauce.

Chocolate Bread Pudding

To the recipe for Calumet Bread Pudding, add 1 $\frac{1}{2}$ squares melted chocolate to sugar before combining with egg.

Charlotte Russe

1/4 box gelatine 1/4 cup cold water

1/8 cup cream

1/3 cup powdered sugar 3 cups whipping cream 1 teaspoon vanilla

6 lady fingers

Soak gelatine in cold water, dissolve in the scalded cream,. Add powdered sugar and vanilla. When it begins to thicken fold in the whip from 3 cups of cream. Line molds with lady fingers, turn in the mixture and chill. (See illustration, page 52.)

Baked Apple Dumplings

2 cups sifted flour

2 level teaspoons Calumet Baking Powder I level teaspoon salt

½ cup shortening ¾ cup milk

2 teaspoons sugar

Sift dry ingredients three times, rub in shortening and add milk. Roll about ¼ inch thick, cut in rounds large enough to enclose a small apple, cored and filled with sugar, butter and cinnamon. Press dough over apple, and bake in a moderate oven (350 degrees F.) until apple is thoroughly cooked.

Fruit Cabioca Pudding

2 cups fruit
½ cup tapioca

½ level teaspoon salt ½ cup sugar

i teaspoon lemon extract

Soak tapioca in a pint of hot water for an hour. Add rest of ingredients and bake until fruit is tender. Serve cold with sauce.

Meets Every Baking Requirement



Cottage Sudding

1/3 cup shortening

1/2 cup sugar I egg

1/2 cup milk

1 2/3 cups sifted flour

2 level teaspoons Calumet Baking Powder

1/8 level teaspoon salt

i teaspoon vanilla

Cream shortening, add sugar gradually, then beaten egg. Sift flour three times with baking powder and salt. Add alternately with the milk. Bake in muffin pans or a cake pan 20 to 25 minutes in a moderate oven (375 degrees F.).

Calumet Cream Puffs

½ cup butter

I cup boiling water

I cup sifted flour

½ level teaspoon Calumet Baking Powder

Mix water and butter and bring to boiling point. Add flour and baking powder which have been sifted together. Stir until it forms a ball and leaves the sides of the pan. Cool, add 1 egg, beat five minutes, add another egg and beat five minutes, and so on until all the eggs are used. The more thoroughly mixture is beaten after the addition of each egg, the lighter is the result obtained. Drop mixture on oiled, shallow pan, bake in moderate oven (375 degrees F.) 40 to 50 minutes. When baked make incision and fell with whipped gream or cream filling. fill with whipped cream or cream filling.

Just Pudding

I cup chopped suet 1/2 cup sugar

½ cup molasses

I cup milk

1 egg 3½ cups sifted flour

3½ level teaspoons Calumet Baking

i teaspoon cinnamon I teaspoon cloves 1/2 level teaspoon salt 1/2 cup chopped nuts 1 ½ cups raisins

1 ½ cups currants 1/2 cup candied orange peel

Sift dry ingredients three times, add milk, beaten egg and fruit. Steam for three hours. Serve with hard sauce or vanilla sauce.

Rice Sudding

1 1/2 cups cooked rice

I cup milk

1/8 level teaspoon salt

1/3 cup sugar

degrees F.).

1 tablespoon butter

1 beaten egg Grated rind of I lemon

1/4 cup raisins

Mix rice with rest of ingredients and bake about 20 minutes in a moderate oven (350

Caramel Custard Jauce

3/4 cup light brown sugar 3 tablespoons flour

2 eggs, well beaten 1 ½ cups milk

2 tablespoons butter

Mix sugar and flour thoroughly, add to hot milk in double boiler. Add eggs and butter, cook until thick and creamy.

Past Spoonful Good as the First



Grape Nut Pudding

1/4 cup butter

I cup sugar

3 tablespoons grape nuts 2 tablespoons flour

2 eggs separated I lemon or orange grated rind and juice

Cream butter, add sugar gradually, then beaten egg yolks, milk, grapenuts, flour and flavoring. Fold in egg whites beaten stiff. Place in a dish set in a pan of boiling water and bake in a moderate oven (350 degrees F.) until pudding is firm. Serve with whipped cream

Prune Gelatine

2 level tablespoons gelatine

1/3 cup cold prune juice I cup boiling water

1/3 cup lemon juice 1/4 cup sugar

i cup chopped prunes

½ cup nuts

Soak gelatine in prune juice, add boiling water and stir until dissolved. Add lemon juice and sugar. Mix and set in a cool place until mixture partially congeals. Beat until frothy, add prunes and nuts. Pile in sherbet cups, serve with cream.

Strawberry Jauce

I cup strawberries

1/4 cup sugar I egg white

Add crushed, sweetened strawberries to unbeaten egg white and beat with a rotary egg beater until mixture has consistency of whipped cream.

Hard Jauce

1/3 cup butter

I cup powdered sugar

½ teaspoon lemon extract or I teaspoon vanilla

Cream butter and sugar, add flavoring.

Vanilla Jauce

I cup water 1/2 cup sugar 2 tablespoons butter I teaspoon flavoring

2 tablespoons cornstarch

Mix sugar and cornstarch, add water and cook thoroughly. Remove from fire and add butter and flavoring.

Trange C

3 egg whites I cup powdered sugar I orange juice and rind

Juice of i lemon

Beat whites of eggs until stiff, add sugar and fruit juice, and beat well.

Joanny Jauce

1/4 cup butter

I cup powdered sugar

2 tablespoons cream

Cream butter, add sugar gradually, egg well beaten and cream. Beat while heating in a double boiler.



Soups, Meats and Eggs

SOUPS

Vegetable Soup

½ cup carrots
½ cup turnips
½ cup celery

1/3 cup celery 1/2 cup potatoes quart water

5 tablespoons butter 1/2 tablespoon minced parsley

Salt and pepper

1/2 sliced onion

Wash, scrape, and dice vegetables. Cook together 5 minutes in butter (except potatoes). Add potatoes and cook 10 minutes. Serve hot.

Potato Soup

cup mashed potatoes
pint milk
Slice of opion

Slice of onion 2 tablespoons butter

3/4 level teaspoon salt 1/8 teaspoon celery salt

Pepper

½ teaspoon chopped parsley

1 tablespoon flour

Scald milk, add other ingredients and heat thoroughly. Sprinkle with parsley and serve.

Cream of Tomato Soup

2 cups tomatoes

2 teaspoons sugar

1/2 level teaspoon Calumet Baking Powder

ı pint milk

1 slice onion 2 tablespoons flour

1 level teaspoon salt Dash of pepper

3 tablespoons butter

Scald milk with onion, remove onion. Cream flour and seasonings with butter, add to milk, and cook thoroughly. Cook tomatoes, add baking powder and rub through sieve. Combine mixtures and serve hot.

Beef Soup

1 ½ pounds lower round of beef 1 sprig of parsley

1/4 cup minced celery or
1/2 teaspoon celery salt

½ bay leaf

1½ cloves

1½ quarts cold water ½ onion minced ½ small carrot, minced

2½ peppercorns

11/2 level teaspoon salt

Cut the meat in small pieces and let stand in cold water for an hour. Cover and bring to the boiling point slowly and remove any scum that may rise. Let simmer for three hours, then add the vegetables, spices and seasonings and simmer an hour longer, replenishing the water as necessary to keep the quantity about 1 quart. Strain, cool, remove fat, and clear the soup.

Pure in the Can-Pure in the Baking



Celery Soup

3 cups chopped celery 1 pint boiling water 2½ cups milk 1 tablespoon minced onion 3 tablespoons butter

4 tablespoons flour

Seasonings

Clean and cut up celery, cook until soft in boiling water and then press through a sieve. Combine butter and flour and add to scalded milk and onion. Remove onion, and add celery. Season to taste. Serve hot.

MEATS

HOW TO SELECT FRESH MEAT

When buying beef, see that it is bright red in color, streaked with fat—and firm. The streaks of fat add to the food value and make a more flavory steak or roast. Veal is pink in color, but less firm. Mutton flesh is firm and dull red in color, the fat hard and white or slightly yellow. Pork is dark pink in color and the fat is less firm than beef or mutton.

REMEMBER WHEN COOKING MEAT

In order to keep the juices in meat—roasts and steaks should be first seared in a hot oven or in a hot frying pan, thus the cells coming to the surface are closed and the escape of juice is prevented. Meats for soups or stews where the juice of the meat is desired in the liquid should be covered with cold water and brought to boiling point.

Beef Chart

	Name of Cut	Water	Pro- TEIN	FAT	Азн	CAR- BOHY- DRATES	CALO- RIES PER LB. UNC'KD	COMPARA- TIVE COST	COOKING HELPS	How Used
	1. Shank	42.9	12.8	7.3	.6	None	545	Least Ex-	S la alamina	Ct and a desire
	2. Round	60.7	19.0	12.8	1.0		895	pense Economical	Sear, cook slowly Sear, cook quickly	Steaks and roasts, heel for pot roasts and stews
	3. Rump	45.0	13.8	20.2	.7		1110	Medium	Sear, cook slowly	Steaks, pot roasts, braising and corning
	4. Sirloin 5. Pin Bone		16.5 19.1				985 1110	Reasonable	Sear, cook quickly Sear, cook quickly	Steaks
	6. Porterhouse 7, 8, 9. Prime		19.1				1110	Reasonable	Sear, cook quickly	Choicest steaks
	Ribs	43.8		21.2			1155	Reasonable	Sear, cook quickly	Best roasts
	0. Short Ribs. 1. Flank	57.4 54.0	15.6 17.0				840 1115	Economical Economical	Sear, cook slowly Sear, cook slowly	Steaks, stews, braising
1	12. Plate	45.3	13.8	24.4	.7		1285	Economical	Sear, cook slowly	Stews, soups, corn-
	13. Brisket	41.6	12.0	22.3	.6		1165	Economical	Sear, cook slowly	Stews, pot roasts,
	14. Chuck	62.7	18.5	18.0	1.0		1105	Economical	Sear, cook slowly	Roasts, steaks, pot roasts, boiling,
	Mary Sections						29225	102.05.27		stews
	15. Shoulder Clod	56.8	16.4	9.8	.9		720	Economical	Sear, cook slowly	Steaks and pot
	16. Neck	45.9	14.5	11.9	.7		770	Economical	Sear, cook slowly	Soups, stews and corning

Millions Use Calumet=Do You?



Chipped Beef in Brown Gravy

Pour boiling water over 2 cups shredded, chipped beef; let stand five minutes; drain thoroughly. Melt 2 tablespoons butter, browning it slightly; blend it with 2 tablespoons flour; add 34 cup cold water gradually. Cook until smooth, stirring constantly. Place over hot water, add 1½ teaspoon beef extract or 1 bouillon cube, salt and pepper to taste. If the bouillon cube is used, little additional seasoning is necessary. Then stir in the prepared beef. Serve with hot baked potatoes. Left-over meat gravy may be utilized in preparing this dish.

Broiled Steak

Trim off superfluous fat from a Porterhouse or Sirloin steak. Grease wire broiler with some of the fat, place meat in the broiler having fat edge next to handle, and broil over a clear fire, turning every ten seconds for the first minute, so that the surface may be well seared. This prevents escape of the juices. After the first minute turn occasionally until well cooked on both sides. Steak cut one and one-half inches thick will take ten minutes if liked rare; twelve to fifteen minutes, if desired well done. Remove to hot platter, spread with butter, and sprinkle with salt and pepper.

Rolled Beef Steak

Take one and one-half pounds of round steak, season, and place bread stuffing in the center. Roll like a jelly roll and tie at both ends with a string. Roll in flour and sear on all sides. Place in baking dish and put remainder of dressing around the roll. Add about ½ cup hot water and bake until tender.

Bread Stuffing

4 cups soft bread crumbs
Salt
Pepper
½ level teaspoon Calumet
Baking Powder

I chopped onion
Sage or other herb
14 cup melted shortening
Water

Soften bread crumbs with hot water or broth. Add seasoning and melted shortening,

Leg of Lamb

Wash and remove all stringy portions from a leg of lamb; put a bit of lard in your roaster and place on top of range, sear the meat on both sides; then place roaster in the oven with bottom barely covered with water, and roast slowly for about three hours, basting frequently. A few slices of onion or a bit of garlic over top gives good flavor.

Boiled Ham

Soak several hours, or overnight in cold water. Cover with fresh, cold water, bring to boiling point, and cook slowly until tender, 4–5 hours. Remove from the stove and set aside that the ham may partially cool; remove from the water, take off the outside skin, sprinkle with brown sugar and fine cracker crumbs, and stick with cloves one-half inch apart. Bake 1 hour in slow oven (300 degrees F.).

Never Couched by Human Hands



Veal Loaf

Three pounds uncooked veal, 34 pound salt pork, chopped fine; 1 cup fine cracker crumbs, 2 eggs, well beaten; 1½ cups water; 2 teaspoons salt; 1 teaspoon pepper. Make into a loaf and bake in greased loaf pan 1¼ hours in a moderate oven (350 degrees F.).

Roast Beef

Sear meat by placing in a hot oven for thirty minutes. Reduce heat to medium and continue cooking, allowing 20 minutes for each pound; that is, a five-pound roast of beef would require after the 30 minutes' searing an additional hour and forty minutes. Baste occasionally and add seasonings just before removing from oven.

Pot Roast

Dredge with flour, salt and pepper. Sear in hot fat. Add enough boiling water to cover, boil 5 minutes, and simmer until the meat is tender, keeping closely covered. Vegetables may be added during the last hour of cooking. Bay-leaf, thyme, or other herbs may be added if desired. Before serving thicken according to method for gravy.

Twiss Steak

2 lbs. round steak

½ cup flour

1/2 level teaspoon salt 1/8 teaspoon pepper

1 small onion (chopped)

2 tablespoons shortening 1/4 cup chopped green peppers 1 cup cooked tomatoes

I cup boiling water

Clean meat. Mix flour, salt and pepper together. Pound flour into the meat. Brown onion in fat and sear meat on both sides. Add tomatoes and green peppers and cook slowly for 2 hours or until meat is tender. Potatoes may be cooked around the meat.

Meat Pie

2 cups sifted flour

2 level teaspoons Calumet Baking

I level teaspoon salt

1/2 cup shortening 3/4 cup milk

Sift dry ingredients three times, cut in fat, add milk. Roll about one-fourth inch thick, spread with two tablespoons shortening, fold over and roll out to the desired thickness. Line a shallow baking dish with dough to within one inch of the bottom. Fill with tender meat or chicken, gravy and any desired vegetables. Cover with dough and bake about 30 minutes in a hot oven (375 to 400 degrees F.).

Beef Stew

3 lbs. round, shin or rump of beef 2 medium sized carrots

2 tablespoons flour 3 tablespoons shortening

3 medium sized onions

I bay leaf

1 1/2 level teaspoons salt 1/4 teaspoon pepper

3 pints of water

Cut the meat into medium sized pieces, roll in flour and brown in the shortening with the onion. Add the cold water and simmer until nearly done, then add the diced vegetables, seasonings and cook until vegetables and meat are tender.

Last Spoonful Good as the First



EGGS

As eggs contain nearly all of the elements in the right proportion necessary to life—they have taken a prominent place among food stuffs. They contain a goodly amount of protein so are frequently served as the main dish of the meal or in combination with foods rich in starch, to take the place of other proteins in the diet.

To Determine Freshness of Eggs

The center should look clear when held in front of a candle flame in dark room.
 They should sink if placed in a basin of cold water.

To Keep Esss

Place in a ten per cent solution of water glass with the small end down, and store in a cool place.

Eggs in Comatoes

Select tomatoes that are ripe but firm. Plunge them in boiling water for a moment and remove skins. Cut out hard stem ends making in each a hollow large enough to hold a broken egg. Into each of the hollows drop a fresh egg without breaking the yolk, season with butter, pepper and salt, and bake in a moderate oven until tomatoes are tender and eggs are set. Serve on rounds of buttered toast with a cream sauce.

Poached Esss

Carefully break 1 egg at a time into a frying pan partly filled with salted water nearly boiling hot; baste with the water until white is firm; serve boiling hot. Milk may be used instead of water.

Scalloped Eggs

Slice 6 hard cooked eggs thin and place a layer of cracker crumbs in a baking dish then a layer of eggs. Put salt, pepper and butter on each layer and moisten with milk. Place in oven and when it is well browned serve hot.

4 eggs 4 tablespoons water 1/2 level teaspoon salt

1/8 teaspoon pepper 1/2 level teaspoon Calumet Baking Powder

Beat yolks until thick, add dry ingredients, water, and carefully fold in the stiffly beaten egg whites. Pour into frying pan and cook slowly on top of stove until brown on the bottom. Place in hot oven a few minutes to dry off surface.

Eggs a la King

4 tablespoons butter

I level teaspoon salt

4 tablespoons flour 2 tablespoons chopped green peppers 2 cups milk I cup mushrooms

6 hard cooked eggs

Paprika

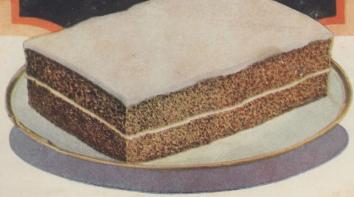
Melt butter, add peppers and mushrooms and cook until soft. Add flour, milk and cook until thickened. Add seasonings and chopped hard cooked eggs. Serve on squares of toast with a dash of paprika on each serving.





See recipe page 27

Devil's Food Cake



See recipe page 21





See recipe page 27



See recipe page 21



Salads and Salad Dressings

Fruit Salad

1 cup diced pineapple I cup seeded white grapes I cup chopped nuts 18 marshmallows

Cut marshmallows in quarters and combine with other ingredients. Serve on lettuce with fruit salad dressing.

Chicken Salad

3 cups cold chicken diced

1½ cups celery cut in small pieces

1/4 cup chopped green peppers or pimientos

2 hard cooked eggs

1 1/2 cups boiled dressing or mayonnaise

Mix chicken, celery, peppers and pimientos and chill. Before serving mix with dressing. Arrange on lettuce. Garnish with whites and yolks of eggs to look like daisies.

Potato Salad

4 cups cold boiled potatoes diced

i small onion, minced 3 hard cooked eggs

1/2 cup diced celery or cucumbers

1 cup boiled dressing 3 slices broiled bacon

Mix all of the ingredients together and let stand until well chilled before serving. If a warm potato salad is desired—then mix when potatoes are warm and add bacon with drippings when just cooked.

Salmon Salad

I can pink salmon

I cup diced celery

I cup drained canned peas

4 hard cooked eggs sliced

1 ½ cups boiled salad dressing

Flake salmon and remove bones; add peas, celery and eggs, sprinkle with a bit of celery salt and salt. Mix with salad dressing just before serving. Arrange in a mound of lettuce, -or serve on individual plates.

Hellied Vegetable Salad

I tablespoon gelatin. 1/4 cup cold water

I cup boiling water 1/4 cup sugar

2 tablespoons lemon juice

1/4 cup vinegar

I cup diced celery

I cup shredded cabbage 1/4 cup cold cooked beets

cut in cubes 1/4 cup peas

Soak gelatin in cold water until soft, then dissolve in boiling water. Add sugar, salt, lemon juice and vinegar. When beginning to set, fold in the other ingredients, turn into a mold, chill and remove to a serving dish and arrange parsley in large bunches at either end. Serve with thousand island dressing.

Last Spoonful Good as the First



Waldorf Salad

Use equal parts of chopped apples, celery and nut meats. Mix with a boiled dressing or mayonnaise just before serving. Garnish.

SALAD DRESSINGS

Mayonnaise Dressing

i teaspoon mustard

Few grains cayenne

I level teaspoon salt I teaspoon powdered sugar 2 tablespoons lemon juice 2 tablespoons vinegar 1 ½ cups oil (chilled)

Mix dry ingredients, add egg yolks, and when well mixed add one-half teaspoon of vinegar. Add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil, and vinegar or lemon juice alternately, until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. A smooth consistency may be restored by adding another egg yolk.

French Dressing

1/4 teaspoon salt 1/8 teaspoon paprika 6 tablespoons oil

2 tablespoons lemon juice or vinegar

ı teaspoon sugar

Put all ingredients into a bottle and shake well. Serve over the salad.

Condensed Milk Salad Dressing

2 eggs

2 level teaspoons mustard

i cup vinegar

1 cup condensed sweetened milk 1/3 cup melted butter

½ teaspoon paprika

Mix together in a bowl, then beat five or ten minutes with a Dover Egg Beater. After beating ingredients together, place in glass jars and cover. It will keep until used without spoiling.

Boiled Salad Dressing

I cup weak vinegar

3 tablespoons sugar 2 tablespoons flour

I teaspoon dry mustard

1/8 teaspoon pepper

½ level teaspoon salt

2 eggs 1 tablespoon butter

Mix the dry ingredients and add vinegar. Cook over hot water until thick. Remove from fire and pour gradually over the beaten eggs. Cook a few minutes longer.

Fruit Salad Dressing

2 eggs

1/4 cup sugar

3 tablespoons lemon juice

5 tablespoons pineapple juice

Beat eggs, add other ingredients and cook over hot water until mixture coats the spoon like cream. Serve plain or with whipped cream. Other fruit juices may be substituted for pineapple.



ROZEN DESSERTS comprise one of the most popular desserts of today. Ice cream Pmay be either cream sweetened and frozen or cream added to a custard foundation and frozen.

Water Ices—fruit juice sweetened and frozen.

Sherbet—a water ice to which has been added a small quantity of gelatin or egg white to help retain the shape. Milk or cream is often added to sherbets.

Frappé—water ice frozen to a mushy consistency.

Mousse-sweetened whipped cream frozen, by packing in salt and ice. Fruits and nuts are often added.

General Directions for Freezing

Fill freezer only % full of mixture, as the mixture expands during freezing. Mix crushed ice and coarse salt in the proportion of 8 parts of salt to 1 of ice and fill freezer tub. A larger proportion of salt that is 3 parts of ice to one of salt freezes the mixture in less time, but produces a product of coarse texture. Turn crank slowly at first, then more rapidly as mixture freezes. When done remove dasher, place cork in dasher hole. Drain the tub and repack using 1 part of salt to 3 parts of ice.

Vanilla Tce Cream

2 cups scalded milk

1 tablespoon flour I cup sugar

1/8 level teaspoon salt I quart thin cream

2 tablespoons vanilla

Mix flour, sugar, salt, beaten egg and milk. Cook over hot water until mixture coats the spoon. When cool add cream, vanilla, and freeze.

Variations

Chocolate Ice Cream-Increase sugar to 11/3 cups and add 11/4 squares of bitter chocolate or 1/4 cup cocoa to the custard.

Caramel Ice Cream-Same as vanilla ice cream, using only 1/2 of the sugar in the cus-

tard and the remainder caramelize, and add slowly to not custard.

Maple Nut—Same as Vanilla Ice Cream and use 1 tablespoon of maple flavoring in place of vanilla and add 1 cup of chopped nuts to mixture.

Frozen Pudding

2½ cups milk i cup sugar

1/8 level teaspoon salt

2 eggs

I cup heavy cream

1/4 cup rum

I cup candied fruit, cherries, pineapples, pears, and apricots

Cut fruit in small pieces, and soak 2 or 3 hours in brandy to cover, which prevents fruit from freezing. Make a custard of milk, sugar, salt and eggs. Strain, cool, add cream and rum, then freeze. Fill a brick mould with alternate layers of the cream and fruit; pack in salt and ice and let stand two hours.

ast Spoonful Good as the First



Philadelphia Tce Cream

I quart thin cream i tablespoon vanilla 1/4 level teaspoon salt

3/4 cup sugar

Heat part of cream and add sugar, stirring until thoroughly dissolved. Add flavoring, salt, remainder of cream, and freeze.

Apricot Therbet

I quart water 2½ cups sugar I can apricots Juice of 3 lemons

Make a syrup of sugar and water by boiling a few minutes. Press apricots through sieve, add lemon juice, syrup, and freeze to a mush. Finish filling a four quart freezer 3/4 full of milk and cream and continue freezing.

Lemon Jce

4 cups water

2 cups sugar

3/4 cup lemon juice

1/8 level teaspoon salt

Make syrup by boiling water and sugar a few minutes. Add lemon juice, strain, cool and freeze.

Peach Tce Cream

I pint crushed peaches

1 1/2 cups sugar

I pint cream

I pint milk

I teaspoon almond flavoring

1 tablespoon gelatin

Juice of 1 lemon

Place sugar and milk in double boiler; when hot stir in the gelatin which has been soaked in a little cold water. When cool, add lemon juice, almond and cream. Freeze to a mush, then add crushed peaches and continue freezing.

Juice of 3 lemons and 1 orange, ½ cup of shredded pineapple, ½ cups of sugar and 1 quart water. Boil water sugar and several slices of lemon and orange peel ten minutes; cool, add juice of lemons and orange and the shredded pineapple; freeze. When almost frozen, add beaten white of 1 egg.

Coffee Tce Cream

i quart cream 1½ cups milk

1/2 cup Mocha coffee

1 ¼ cups sugar ¼ level teaspoon salt

Yolks 4 eggs

Scald milk with coffee and add one cup sugar. Mix egg yolks, slightly beaten, with one-fourth cup sugar, and salt. Combine mixtures and cook over hot water until thickened. Cool, add cream, strain and freeze. Coffee Ice Cream may be served with Maraschino cherries or in halves of cantaloupes.

Maple Mousse

I cup hot maple syrup (or any sweet thick fruit syrup)

I pint thick cream 2 well beaten eggs

Pour syrup slowly over the eggs. Cook until it thickens. Cool and combine with the whipped cream. Fill molds and pack in mixed salt and ice for 3 to 4 hours.



Candies

Fondant

2 cups sugar 3/4 cup water 2 tablespoons corn syrup or 1 teaspoon lemon juice

Place all ingredients in a sauce pan and stir constantly until sugar is dissolved. As mixture boils wipe down the sides of the pan with a fork around which a cloth is wrapped, or cover pan with lid to prevent crystals from forming. Cook until mixture forms a very soft ball when dropped into cold water. Remove from fire, pour on a well oiled plate, cool, and stir with a wooden spoon until creamy. Then knead with the hands like kneading bread. It is now ready for use in creams or stuffing fruits.

Penoche

2 cups brown sugar

1 cup milk 1 tablespoon corn syrup ½ teaspoon vanilla 1 tablespoon butter ½ cup chopped nuts

Combine all ingredients, except butter, vanilla and nuts. Boil until a soft ball is formed in cold water. Remove from fire, add butter, let cool, add vanilla; then beat until stiff. Add nuts and pour into an oiled pan. Cut in squares.

Chocolate Fudge

2 cups sugar

3/4 cup milk 2 squares chocolate or 6 level tablespoons cocoa i tablespoon butter i teaspoon vanilla ¼ level teaspoon salt

2 tablespoons corn syrup

I cup chopped nuts

Mix all ingredients except butter, vanilla and nuts. Cook until it forms a soft ball in cold water. Remove from fire, add butter. Allow to cool; then add vanilla and beat until it holds its shape. Add nuts and pour into an oiled pan 34 inch thick; cut into squares.

Divinity

Two and one-half cups of sugar, $\frac{1}{2}$ cup corn syrup, $\frac{1}{2}$ cup water. Cook until it will spin a thread. Pour one-half of it into the whites of 2 eggs beaten stiff. Cook the other half until it will harden in water, then combine the two. Beat until creamy, pour into a buttered dish or drop from spoon.

Caramels

2 cups sugar 3/4 cup corn syrup 1/3 cup butter
1 cup cream

I teaspoon vanilla

Place sugar, corn syrup, butter and cream in saucepan and stir constantly until the mixture boils. Let mixture boil until a firm ball forms in cold water. Remove from fire, add vanilla and pour into well oiled pan 34 inch thick. When cold cut into squares.



Menus for Special Occasions

Valentine Party

Shrimp Salad with Pimiento Hearts
Open Faced Heart Shaped Sandwiches Decorated with Currant Jelly and Cream Cheese
Heart Shaped Cookies
Cocoa

George Washington Luncheon

Tomato Bouillon

Celery
Baked Virginia Ham
Saltines
Creamed Potatoes

Individual Cherry Pies

Easter Breakfast

Fruit Bouillon with Whipped Cream Braised Capon filled with Mushroom Gravy

Buttered Carrots and Peas
Hot Buttered Rolls

AS Potato Rosettes
Hot Buttered Rolls

Tulip Salad Cocoanut Macaroons

Coffee

Cheese Straws Orange Ice

Hallowe'en Party Minced Meat Sandwiches

Celery Doughnuts

Popcorn Balls

Pickles Cider

Thanksgiving Linner

Pickles Baked Chicken Fruit Cocktail Hot Biscuits

Gravy

Celery Chestnut Dressing

Fruits

Candied Sweet Potatoes

Creamed Cauliflower

Cranberry Sauce Vegetable Salad Pumpkin Pie with Whipped Cream Coffee

Nuts

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Christmas Linner
Ovster Cocktail

Celery Roast Turkey Mashed Potatoes Rolls Giblet Gravy Stuffed Olives Macaroni Stuffing Buttered Peas

Fruit Cookies Candy Cranberry Salad
Coffee

Tutti Frutti Ice Cream Nuts

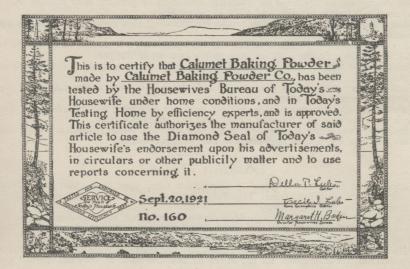
You Save When You Use Calumet



Housewives Bureau Endorses Calumet

ANOTHER big endorsement of Calumet Baking Powder by an institution organized for the protection of the American Housewife.

The Housewives' Bureau of Today's Housewife has completely equipped a beautiful, spacious home in Cooperstown, N. Y., where food products, utensils, furniture, in fact, complete home equipment and supplies are put to every possible test to determine their value.



Only those that pass the most rigid tests are granted the certificate that is recognized by a million housewives as a guarantee of purity, quality and exceptional merit.

The Calumet Baking Powder Co. is so certain of your satisfaction with Calumet Baking Powder that it authorizes grocers everywhere to guarantee it to be the best and most satisfactory baking powder you have ever used—if YOU do not think so after using a spoonful or the entire can, return the can to your grocer and your money will be cheerfully refunded. Calumet Baking Powder is used and endorsed by millions of housewives.



Hints and Helps

Cooking Suggestions

Salt—To keep salt so it can be easily shaken from the cruet, mix I teaspoon of corn-

starch with each cup of salt.

Ovens—In all houses the oven should be well scrubbed out after cooking with hot soda water and soap. Any hard substance which is caked on to baking sheets should be scraped off with an old knife. It is really very simple to have the oven scrubbed out while it is still hot, after baking a joint, etc., and many disagreeable smells are avoided by this practice. For the purpose, a long handled brush is useful. With it the back wall of an oven can easily be reached and the danger of burnt hands avoided.

Flour—Flour belongs in a bin or barrel raised a few inches from the floor. While

wheat flour may be obtained in quantity, cornmeal or graham flour should only be

purchased in small quantities and kept in tin or glass.

Meat—Tough meat may be made tender by pounding, slow cooking or placing it a few

minutes in vinegar water.

Milk—Before heating milk rinse out the saucepan with a little hot water (never boil milk); it will prevent the milk sticking to the bottom of the pan.

Roast Lamb—Add several quarters of apples, when roasting lamb. Gives a delicious

flavor.

Fowl—When roasting fowl, place breast side down in roaster, so the juices will penetrate the breast which is usually dry.

Cake Pans—Do not grease pans, but cut white or wrapping paper to fit pan. When cake is done paper comes off very easily, and cake does not stick.

Meringue—Add sugar to unbeaten egg white then the baking powder. When made in this way the egg whites appear more like whipped cream.

Kitchen Helps

Teapots that are made of metal, if unused for some time, will often give a musty flavor to the tea when next used. This may be prevented by placing a lump of sugar in the teapot before putting it away.

The water in which cabbage has been cooked should not be poured down the sink or if this must be done the sink should be rinsed with water containing powdered char-

coal or a little chloride of lime.

All kitchen supplies should be kept in glass jars, the different sizes each to themselves. Have covered crockery dishes for use in the ice box and see that they are scalded when washed.

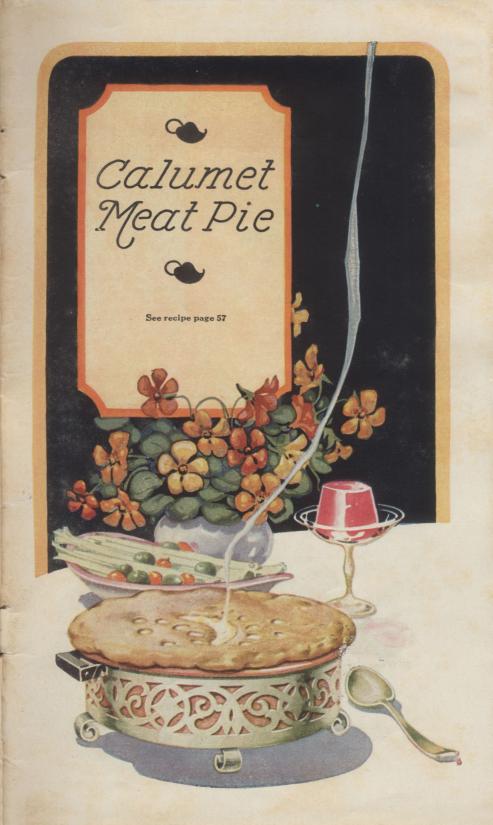
Use these jars whenever practical in the ice box, especially to keep fish, oysters, lettuce or parsley, and, in fact, any food with a strong odor or any food which may become impregnated with the odor of other foods.

To Remove Odors from Ice Box, Cupboard or Pantry, etc.—Fill a dish with boiling water, place in icebox, and drop in a piece of charcoal. A lump of charcoal left in a closed bottle or jar will keep it from becoming musty.

Boiling liquids, jellies or fruits may be turned into glass without breaking the vessel

if you press the bowl of a spoon on the bottom while filling.

Cereals-Cereals should be emptied in their proper receptacles of tin or glass and closely covered to prevent insects getting in. Coffee should go immediately into an airtight canister in order to keep its aroma. Olive oil should be put into a cool, dark place, and salt, baking powder, soap, and cheese in dry places.





Do Not Experiment - Use Calumet



Household Pests

To Get Rid of Ants-Place lumps of gum camphor in their runways and near sweets infested by them, scrub shelves and drawers with strong carbolic soap, or inject gasoline.

Place preserves, cake, and other sweets attractive to ants, in refrigerators, small closets, boxes, or tables raised on legs set in pans of water. Add a tablespoon of kerosene

oil to the water to form a scum of oil over the top.

Flies and Mosquitoes—may be gotten rid of by destroying their breeding places. Mosquitoes breed in stagnant water, in quiet pools, rain barrels, ditches, old tin cans, water-

quitoes breed in stagnant water, in quiet pools, rain barrels, ditches, old tin cans, watering troughs, old tree trunks, in fact, any place where water is not washed away quickly. Fly traps and sticky fly paper are the best and most effective way of getting rid of flies. Wrap garbage in paper. Keep garbage pails clean and covered.

Bed Bugs—often are brought into the home in laundry, on clothes, traveling bags, etc. They do not live only in beds but in cracks of walls or doors, under torn pieces of wall paper and in furniture upholstery. They multiply quickly. Kerosene or gasoline forces them to the cracks or crevices, and if used with a feather or hand syringe every day, will kill the bugs but not destroy the eggs, so repeat the process in order to get them as they hatch. Various powders found on the market are also excellent to use to get rid of these pests. Boiling water will kill the bugs and eggs, but of course will ruin the finish on the bed.

Cockroaches—live in filthy places such as drain pipes and around decaying animal matter. Keep kitchen, pantry, laundry and garbage can immaculately clean. Especially at night, no crumbs, grease, soiled dish towels should be left around to draw them. Borax is sometimes effective but good cockroach powders and liquid sprays prove more

effective at times.

Cleaning Juggestions

To Clean Drain Pipes and Disinfect Them—Dissolve copperas and lye in your drain pipes. You will find that a half-worn whisk broom makes a good scrubbing brush for enameled ware. When your whisk brooms become worn, take them and trim them to a stub. Then scald with soapy water, then with clear water, and finally rinse with cold water. When washing enameled ware, if the food sticks, you will find that a few strokes with one of these brooms will remove it without injury to the cooking utensils.

To Freshen Rugs-Before sweeping, scatter dry salt over the rug. It brightens the

colors and checks the ravages of moths.

To Clean Ivory-Ivory ornaments, brooches, card cases, bracelets, carvings, piano keys and the like may be cleaned by painting them over with spirits of turpentine and when possible exposing them for 2 or 3 days to sunshine. Or articles that can be taken out of doors may be bleached by simply moistening them with water and exposing them to direct sunshine.

To Clean Marble—Mix 2 ounces of common soda, I ounce of pumice stone, and I ounce of fine common salt, and dilute with water to the consistency of cream. Pour the mixture over the marble and let stand until all stains are removed. Afterwards wash

the marble with salt and water, rinse, and wipe dry.

To Clean Mica in Stores—Wash with vinegar and water.

To Clean Windows—Do not use soap suds on windows. The easiest way to clean windows is with a chamois or clean cloth and clear water. Wring out the chamois or cloth so it is wet but not dripping and wash the windows clean. Afterwards wring dry and go over them again. Finally polish with a dry cloth or chamois.

Tumblers that have been used for milk should not be put into hot water until they have first been ripsed in cold water. The heat dries the milk and gives a cloudy appears.

have first been rinsed in cold water. The heat dries the milk and gives a cloudy appearance to the glass, which cannot be removed.

Do not wash oilcloth or linoleum in hot soap suds. Wash them with tepid water and wipe with a cloth dampened in equal parts of cold milk and water.

Last Spoonful Good as the First



Removal of Stains

Stain Cloth Rinse Berries Water with neutral soap Water Cotton Tepid water Blood Silks Dry Cleaner Coffee Water Coffee with Cream Dry Cleaner Chewing Gum Rosin Equal parts of chloroform and ether Alcohol Grass Gasoline Woolen Turpentine Ink Silk Chloroform Gasoline Lead Pencil Chloroform (Woolen Turpentine Paint Silk Chloroform Gasoline Scorch Moisten with water and place Rub lightly with in the sunshine sandpaper Grease Dry Cleaner (sometimes must be softened by vaseline) Egg Rub dry, use cold water, then Dry Cleaner Milk Use cold water and dry Rub with Dry Cleaner Woolen Use tepid water Gravv Silk Dry Cleaner Muriatic Acid, Oxalic Acid or lemon and salt Iron Rust Rinse in boiling water, then in am-monia water and then in clear water

Tepid water and neutral soap

Soak in Javelle Water Pour boiling water through it until it disappears

Chocolate

Fruit



What Your Government Says

To set at rest for all time the question of the healthfulness of "Alum in Food," the United States Department of Agriculture, through the Referee Board of Consulting Scientific Experts appointed for that purpose, conducted experiments covering a period of more than sixteen months.

This board was composed of the following nationally known scientists:

Ira Remsen, President of Johns Hopkins University, Chairman.

Russel H. Chittenden, Professor of Physiological Chemistry in Yale University and Director of the Sheffield Scientific School.

John H. Long, Professor of Chemistry in the Northwestern University Medical School.

Alonzo E. Taylor, Benjamin Rush Professor of Physiological Chemistry in the University of Pennsylvania.

Theobald Smith, Professor of Comparative Pathology in Harvard University.

The questions submitted to the board were as follows:

- 1. Do Aluminum compounds, when used in foods, affect injuriously the nutritive value of such foods or render them injurious to health?
- 2. Does a food to which aluminum compounds have been added contain any added poisonous or other added deleterious ingredients which may render the said food injurious to health? (a) In large quantities? (b) In small quantities?
- 3. If aluminum compounds be mixed or packed with a food, is the quality or strength of said food thereby reduced, lowered, or injuriously affected? (a) In large quantities? (b) In small quantities?

The investigation was made through physiological tests on several squads of healthy young men, and foods baked with "Alum" Baking Powder were used in their diet in greater quantities than would be used in their ordinary daily life.

The unanimous report of the Referee Board, signed by all members, was "In short the board conclude that alum baking powders are no more harmful than other baking powders . . .

"Alum, as such, is not present in food when eaten.

"When aluminum compounds are mixed or packed with a food, the quality or strength of said food has not been found to be thereby reduced, lowered, or injuriously affected."

The aluminum compound (sodium aluminum sulphate) used in Calumet is not the alum of the drug store. In fact, it is not an alum at all.







Ideal Combinations

Meat Vegetables Accompaniments 1. Glazed Sweet Potatoes
2. White Potatoes 2. White . Croquettes Cranberry Sauce or Jelly Cranberry Sauce of Jen Celery Sauce Chestnut Dressing Mushroom Dressing Oyster Dressing Sage Dressing Pineapple, Apple, or Tomato (Acid) Salad Corn Fritters Mushrooms Chicken, Fowl... Domestic Duck. Fresh Lima Beans Fresh Shell Beans Squash Onions Any Green or Fresh Vegetable Cranberry Jelly Cranberry Sauce Oyster Dressing Chestnut Dressing Sausage Dressing Sage Dressing Acid Salads as for Chicken White Potatoes Sweet Potatoes Onions 2. Turkey... Turnips Squash Cauliflower Brussels Sprouts White Potatoes Apple Sauce Celery Sauce Giblet Gravy Fresh Vegetable or Fruit Turnips 3. Goose... Onions Squash Cauliflower Salad Brussels Sprouts White Potatoes Sweet Potatoes Macaroni Cauliflower Brussels Sprouts Onions Yorkshire Pudding Spinach String Beans Lima Beans Egg Plant Horseradish Sauce Mushroom Sauce Fresh Vegetable Salads 4. Beef Roast... Tomatoes Squash Stuffed Peppers, and other Summer Vegetables Mushroom Sauce Bearnaise Sauce Maître d'hotel Butter Addition of Red and Green 5. Beef Steak ... Same as Roast Beef Peppers White Potatoes Carrots Turnips 6. Beef, Boiled ... Dumplings Parsnips Onions Vegetables à la jardinière (Potatoes (Plain) Cabbage Carrots 7. Beef, Corned Beets Turnips Parsnips Spinach or any Greens

Meets Every Baking Requirement



White of Egg

THERE is one ingredient in Calumet Baking Powder which deserves your attention. That is Dried White of Eggs. It is prepared by drying the white of fresh hens' eggs at low temperature, and then grinding to a fine powder. Fourteen pounds of whole eggs will produce about one pound of this dry powder. It dissolves easily in cold water and the viscous, egg-white nature of this solution holds the bubbles of gas as they are set free from the baking powder. This when used in strong baking powders increases the efficiency of the carbon dioxide gas evolved to an extent of 2.5% to 3.2%. It is extremely beneficial in producing light biscuits when the oven temperatures are not properly controlled or when the dough has to stand for some time before baking.

The amount of dried white of egg used in baking powders is very small, being 15/100 of 1%. Even in this small proportion it has the effect above mentioned. It also makes possible a simple test whereby the freshness of baking powder may be determined by the salesman in testing the stock upon the retailers' shelves, by the grocer himself, or by the housewife in the home. Both the increase of lightness and the possibility of the test are due to the viscous nature of the white of eggs, whereby the bubbles of gas are imprisoned as soon as they are set free by chemical action. This test is as follows: First take an ordinary drinking glass holding one-half pint, or in other words, the quantity that is usually known in the household as "one cupful." All that is needed is this empty glass (which must be dry), an ordinary teaspoon and a little water of the ordinary room temperature (not ice water nor hot water). Place two level teaspoons of the powder in the dry glass to which add the same quantity (two teaspoons) of water quickly; stir rapidly for a moment (while counting five), just long enough to thoroughly moisten all the powder; remove the spoon and watch the mixture rise. Note the action of the powder. It rises slowly and evenly, requiring two minutes to show the full strength. If the powder is of full strength, and you have proceeded properly, the gas released will form bubbles sufficient to half fill the glass. Caution: Don't attempt to make the mixture rise by continued stirring, as whipping or beating the mixture breaks the gas bubbles that are formed and allows the gas to escape. Allow the powder to rise of its own strength.

We make the following use of this test: Whenever goods appear to have been stored in damp places, or too near the stove, the salesman tests the baking powder as above described and if it is found to have deteriorated, it is at once exchanged for fresh goods without cost to the retailer. Without this simple test it would be necessary to send the goods to the factory for chemical analysis. As a result of such tests by the salesman deteriorated goods are entirely removed from the market so that the consumer will never receive a can of Calumet which does not do its work perfectly. Of course, the above test cannot be made unless the white of egg is present.

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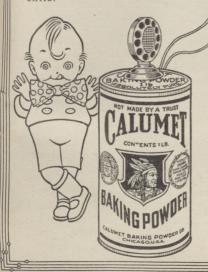
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If you enjoy our programs write or wire your comments. Also ask Miss Parker, who is head of the Calumet Home Service Department, any questions you might care to have answered pertaining to baking or house work in general.

THE Home Economics Department of the Calumet Baking Powder Company was primarily established for the purpose of assisting the housewife with her baking problems, and also to assist the teacher and student of Home Economics by furnishing them educational helps.

In this connection, in the early part of 1922, a model home kitchen was installed in the Calumet plant, to provide a place for preparing and testing all recipes to be used in our advertisements, cook books, monographs or other literature. The kitchen itself was designed and equipped under the direction of the Home Economics Department of the University of Chicago, and is scientifically equipped with all modern, labor saving devices. It is open to the public at all times, and thousands of guests are entertained yearly. Home builders who are planning homes of their own find this model home kitchen a source of great help.

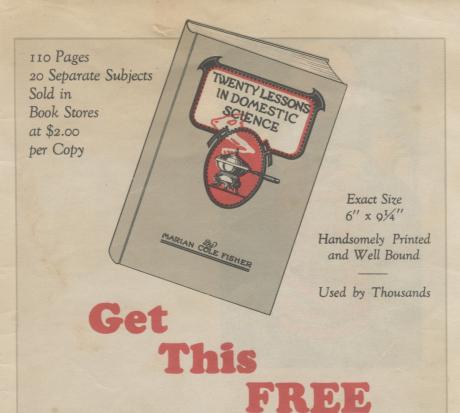
The Calumet Baking Powder Company was one of the first manufacturers to have a standing invitation to visit its plant and is responsible for the open-door-policy in the manufacture of baking powder. Until its advent baking powder factories were conducted behind closed doors, under a cloak of mystery that served a dual purpose; first, to cover the defects and imperfections of manufacture; and second, to enable its manufacturers to continue their original methods in which they featured baking powder as a food, something to be eaten, instead of a preparer of food. With the open-door-policy, naturally these conditions have changed. Education, added to the real function that baking powder performs, makes it impossible for the unscrupulous manufacturers to demand exorbitant prices for their product.

So it is to be seen that the Home Economics Department not merely educates the housewife for better pastries, more wholesome breads, but also saves them millions of dollars as well.

Considerable is being done by the Calumet Home Economics Department for the State Home Demonstration Agents, as well as teachers and students of Home Economics, both in public and private schools, colleges and universities, throughout the country, and the cooperation likewise proving a great help to dietitians, dealers, bakers and others interested in food work.

This Department stands ready at all times to assist housewives, Domestic Science students, teachers and all others interested in Domestic Science in their daily problems.

A most complete reference library makes this experimental cookery kitchen a great asset to those interested in writing in or visiting the Department, for this material is always at their service.



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